

DEFINITIVE COURSE RECORD

Course Title	FdSc Sport, Health and Exercise
Awarding Bodies	University of Suffolk
Level of Award ¹	FHEQ Level 5
Professional, Statutory and Regulatory Bodies Recognition	None
Credit Structure ²	240 Credits Level 4: 120 Credits Level 5: 120 Credits
Mode of Attendance	Full-time
Standard Length of Course ³	2 years full-time
Intended Award	FdSc Sport, Health and Exercise
Named Exit Awards	None
Entry Requirements ⁴	Typical Offer: 80 UCAS tariff points (or equivalent)
Delivering Institution(s)	East Coast College
UCAS Code	CL65

This definitive record sets out the essential features and characteristics of the FdSc Sport, Health and Exercise course. The information provided is accurate for students entering level 4 in the 2023-24 academic year⁵.

Course Summary

This course is designed for those who are committed to sport, health and exercise and have a passion to make a positive contribution to the health and lifestyle of their local community. Students will have access to excellent facilities. Teaching staff have in-depth vocational expertise from the public and private sectors, as well as research interests in exercise, the sociological aspects of sport and exercise and contemporary issues in sport, health and exercise. The course has been set up in response to skills shortages in the sports industry. It has been designed after lengthy talks with employers, including health organisations and gyms, about the needs of the industry and the health needs of the population.

Course Aims

- To develop fitness professionals with vocational experience and academic knowledge
- To commit to helping people to lead active and healthy lives

¹ For an explanation of the levels of higher education study, see the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

² All academic credit awarded as a result of study at the University adheres to the [Higher education credit framework for England](#).

³ Where the course is delivered both full-time and part-time, the standard length of course is provided for the full-time mode of attendance only. The length of the part-time course is variable and dependent upon the intensity of study. Further information about mode of study and maximum registration periods can be found in the [Framework and Regulations for Undergraduate Awards](#).

⁴ Details of standard entry requirements can be found in the [Admissions Policy](#) and further details about Disclosure and Barring Checks (DBS) can be found on the [University's DBS webpage](#).

⁵ The University reserves the right to make changes to course content, structure, teaching and assessment as outlined in the [Admissions Policy](#).

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- To understand the issues affecting communities with relation to the ability to lead healthy lifestyles
- To develop awareness of professional contexts in community activity and health
- To become central to the provision of sport, health and exercise qualifications in the community
- To provide vocationally relevant work-based experiences that benefit the organisation, community and the learner
- To develop understanding of human physiology and the effects on health of sport and exercise
- To equip students with the specialist skills required for employment/self-employment in the sector
- To provide a preparation for further undergraduate/postgraduate work in sport, health and exercise and related subject areas
- To provide students with the transferable/personal skills required for employment/self-employment
- To encourage independent learning

Course Learning Outcomes

The following statements define what students graduating from the FdSc Sport, Health and Exercise course will have been judged to have demonstrated in order to achieve the award. These statements, known as learning outcomes, have been formally approved as aligned with the generic qualification descriptor for level 4/5 awards as set out by the UK Quality Assurance Agency (QAA)⁶.

1. Demonstrate detailed knowledge and understanding of the effects of sport and exercise intervention on the participant
2. Demonstrate an ability to monitor, analyse, diagnose, and prescribe action towards sport, health and exercise targets
3. Critically analyse the factors involved in the delivery of enhanced sport performance and exercise
4. Investigate, synthesize and communicate issues within the sector to others
5. Produce detailed exercise and activity plans and strategies for individuals and groups

⁶ As set out in the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

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6. Demonstrate and evaluate techniques for monitoring progress for individuals and groups
7. Integration of existing legislative and professional guidelines within professional contexts
8. Develop management of own learning and workloads in order to meet deadlines and targets within cost and quality dimensions
9. Communicate orally through group discussions
10. Demonstrate initiative in problem solving
11. Adapt plans and strategies in the light of unforeseen or changing circumstances
12. Critically reflect on own work and that of others

Course Design

The design of this course has been guided by the following QAA Benchmarks / Professional Standards:

- Hospitality, Leisure, Sport and Tourism (2019)
- Skills Active National Occupational Standards (2006, 2010, 2011)
- CIMSPA Professional Standards
- CIMSPA Population Specialisms
- CIMSPA Environment Specialisms

Course Structure

The FdSc Sport, Health and Exercise comprises modules at levels 4 and 5.

Module Specifications for each of these modules is included within the course handbook, available to students on-line at the beginning of each academic year.

	Module	Credits	Module Type ⁷
Level 4			
	Anatomy and Physiology for Sport and Exercise	20	M
	Social and Psychological Perspectives	20	R
	Personal Development	20	M
	Exercise Prescription and Testing	20	R
	Sports Massage and Injury	20	R

⁷ Modules are designated as either mandatory (M), requisite (R) or optional (O). For definitions, see the Framework and Regulations for Undergraduate Awards

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	Work-Experience as a Resource for Learning	20	M
Level 5			
	Contemporary Issues in Physical Activity	20	M
	Skills in Research	20	M
	Nutrition and Weight Management	20	M
	Public Health Promotion	20	M
	Advanced Training Techniques	20	M
	Individualised Work-based Learning	20	M

Please note that the Work-Experience as a Resource for Learning module may require a DBS.

Awards

On successful completion of the course, students will be awarded a FdSc Sport, Health and Exercise.

Course Delivery

The course is delivered at East Coast College (Great Yarmouth). Students studying full-time on FdSc Sport, Health and Exercise are likely to have approximately 9-12 contact hours per week for level 4 and 9-12 contact hours per week for level 5. The contact hours will be a mix of lectures, seminars, discussions, tutorials and practical activity and students will also be required to participate in 40 hours of work placement. Students will be expected to find their own placement. Students will normally be expected to undertake 24 hours of independent study in an average week, but should be prepared for this to vary based on assignment deadlines and class exercises.

Course Assessment

A variety of assessments will be used on the course to enable students to experience and adapt to different assessment styles. The assessment methods used will be appropriate to assess each module's intended learning outcomes. Assessment on the course overall will be approximately 67% coursework (including essays, reports, presentations, case studies and research projects), 12% examinations and 21% practical assessments.

Course Team

The academic staff delivering this course are drawn from a team that includes teaching specialists and current practitioners. All staff are qualified in their subjects with their own specialist knowledge to contribute.

Course Costs

Students undertaking FdSc Sport, Health and Exercise will be charged tuition fees as detailed below.

Student Group	Tuition Fees
Full-time UK	£8,220 per year
Part-time UK	£1,370 per 20 credit module
Full-time EU/International	£14,598 per year
Part-time EU/International	£2,433 per 20 credit module

Payment of tuition fees is due at the time of enrolment and is managed in accordance with the Tuition Fee Policy.

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There are no specific additional costs although students should consider membership of gyms/fitness centres to be an essential element. There is an option to undertake gym instructor and personal trainer qualifications. Standard sports clothing should be supplied by the students.

Academic Framework and Regulations

This course is delivered according to the Framework and Regulations for Undergraduate Awards and other academic policies and procedures of the University and published on the [website](#).