



UNIVERSITY OF LINCOLN

Programme Specification

Title:

Strength and Conditioning in Sport

Final Award: **Bachelor of Science with Honours (BSc (Hons))**

With Exit Awards at:

Certificate of Higher Education (CertHE)

Diploma of Higher Education (DipHE)

Bachelor of Science with Honours (BSc (Hons))

To be delivered from: 19 Sep 2016

Level	Date
Level 1 or Certificate of Higher Education (CertHE)	2019-20
Level 2 or Diploma of Higher Education (DipHE)	2020-21
Level 3 or Bachelor of Science with Honours (BSc (Hons))	2021-22

Table Of Contents

1. Introduction	3
2. Basic Programme Data	4
3. Programme Description	5
3.1 Overview	5
3.2 Aims and Objectives	6
3.3 Variations to Standard Regulations and Guidance	6
4. Programme Outcomes	7
4.1 Knowledge and Understanding	7
4.2 Subject Specific Intellectual Skills	7
4.3 Subject Specific Practical Skills	7
4.4 Transferable Skills and Attributes	8
5. Learning, Teaching and Assessment Strategies	9
5.1. Learning and Teaching Strategy	9
5.2. Assessment Strategy	10
6. Programme Structure	12
Appendix I - Curriculum Map	13
Appendix II - Assessment Map	16
Appendix III - Benchmark Analysis	22
Appendix IV - Benchmark Statements(s)	23

1. Introduction

This document describes one of the University of Lincoln's programmes using the protocols required by the UK National Qualifications Framework as defined in the publication *QAA guidelines for preparing programme specifications*.

This programme operates under the policy and regulatory frameworks of the University of Lincoln.

2. Basic Programme Data

Final Award:	Bachelor of Science with Honours (BSc (Hons))
Programme Title:	Strength and Conditioning in Sport
Exit Awards and Titles	Certificate of Higher Education (CertHE) Diploma of Higher Education (DipHE) Bachelor of Science with Honours (BSc (Hons))
Subject(s)	Sports and Exercise Sciences
Mode(s) of delivery	Full Time Part Time
Is there a Placement or Exchange?	Yes
UCAS code	C603
Awarding Body	University of Lincoln
Campus(es)	Lincoln Campus
School(s)	School of Sport and Exercise Science
Programme Leader	Thomas Gee (TGee)
Relevant Subject Benchmark Statements	
Professional, Statutory or Regulatory Body Accreditation	
Programme Start Date	2019-20

3. Programme Description

3.1 Overview

The BSc (Hons) Strength and Conditioning in Sport programme was developed in light of student demand and the growing profession of the strength and conditioning practitioner which demands skills of both a coach and scientist. The programme is a progressive and multidisciplinary course that qualifies the Strength and Conditioning in Sport graduate at honors degree level. This programme reflects current research-informed teaching and innovation, developing knowledge, understanding and practical skills in the core disciplines of strength and conditioning, exercise physiology, and biomechanics and their impact upon sports performance, and health.

The programme has a successful model and balance of core units at levels 1 and 2 with electives at level 3 and adopts an applied and experiential learning approach through a range of vocationally related modules. The course aims to provide students with the skills to become a UK Strength and Conditioning Association (UKSCA) Accredited Coach. This enables students to target employment as strength and conditioning practitioners which may involve working for professional sports teams or supporting athletes within government funded institutions. Also, the balance of core units with electives has proved to be effective in assisting the student to gain employment in a variety of areas which include traditional vocational routes for multidisciplinary sport-based courses such as teaching, further education lecturing, the police and armed services or working in the healthcare sector and/or within the fitness industry. In addition a growing number of students are progressing onto postgraduate research and taught courses once they have graduated.

In year one of the programme, an emphasis on providing a sound and secure theoretical platform for understanding the subject base in the key disciplines of strength and conditioning, exercise physiology and biomechanics and the development of research skills. In year two, students will have the opportunity to further their learning, providing application of the underpinning theory to practical contexts and settings. Year three aims to enable students to specialise in their chosen fields and further develop the student's knowledge and skills in applied and research settings, some of which utilise 'live' case studies across a range of applied subject specific modules.

The School boasts state of the art facilities and dedicated strength and conditioning equipment, housed within the Human Performance Centre enabling cutting edge assessment and training of physical fitness, health, and technique. The course team has a vibrant and dynamic range of; accredited strength and conditioning coaches, highly qualified BASES accredited researchers and support staff, sports coaches, and competitive athletes. The School has an active research environment which engages in applied research and has a number of research groups (Biofeedback, MTough, PESP, HART). The degree plans to be specifically aligned to activities of the Physiology of Exercise & Sport Performance (PESP) research group, whose members are active in the publishing and conference presentation of strength and conditioning research. In both 2013 and 2014 University of Lincoln staff and students have presented research at the UK Strength and Conditioning Association Annual Conference. In addition the School supports a large number of consultancy projects in the field of strength and conditioning. These involve school staff providing strength and conditioning support to University of Lincoln based athletes through the 'University of Lincoln Sports Scholarship Programme', and also external athletes visiting the University for such support. This provides unique opportunities for students to further develop their strength and conditioning coaching skills and vocational experience through being mentored through the support process. The applied practice and research expertise informs the School's approach to teaching and learning and is underpinned and driven by the Universities 'Student as Producer' philosophy and is embedded at both programme and module level through links with the community and industry, enabling the

student to engage in 'real-world' activities, grounded by theory and research. The four principles of 'Student as Producer': discovery; collaboration; engagement; and knowledge production are embedded within the programme. Through the use of a range of methods including: problem based learning; reflective practice; collaboration with peers, staff and wider community engagement. Concomitantly, students are provided with a wide range of experiences that enable them to become critical and independent learners.

Students will be given the option to undertake a non-credit bearing International Study Year between years two and three of the programme. Successful achievement of the study year will lead to students receiving the final award of BSc (Hons) Strength and Conditioning in Sport (International Study)

The Study Abroad module is optional for students within the School of Sport and Exercise Science. Study Abroad is a year-long module, which allows students to spend a year abroad in between their second and third year at Lincoln at one of the University 's approved partner institutions. Eligible students must have completed their second year of study to be eligible for the program.

The optional year abroad is intended to:

- enable students to benefit from studying within a cross cultural environment;
- expose students to a wider academic and cultural experience;
- enhance their future employment opportunities by increasing their cultural and professional mobility.

3.2 Aims and Objectives

The BSc (Hons) Strength and Conditioning in Sport programme aims to produce students that are best placed to contribute to the rising demand of employment, innovation and practice in the strength and conditioning profession sector. Graduates will have the opportunity to be able to develop into a broad field of employment opportunities related to: strength and conditioning support / advancing sports performance, improving health and physical fitness, shaping regional policy and teaching and instructing. The aims of the programme are to:

- Stimulate and challenge student's intellectually;
- Produce inspired, motivated and independent critical thinkers;
- Develop an engaging student-centred curriculum, which is underpinned by research-informed teaching and applied assessments;
- Develop highly employable graduates who have appropriate intellectual and practical skills that can be applied to a variety of employment opportunities within the sector.

3.3 Variations to Standard Regulations and Guidance

4. Programme Outcomes

Programme-level learning outcomes are identified below.

Refer to *Appendix I – Curriculum Map* for details of how outcomes are deployed across the programme.

4.1 Knowledge and Understanding

On successful completion of this programme a student will have knowledge and understanding of:

- 1 The issues relating to strength and conditioning.
- 2 The need for both multi-disciplinary and inter-disciplinary approaches to research and professional contexts within sport and exercise science and subsequent effects on strength and conditioning practice.
- 3 Strength and conditioning through academic and professional practice.
- 4 How to apply research and problem-solving abilities by demonstrating critical understanding of methods of acquiring, interpreting and analysing information appropriate to strength and conditioning.
- 5 The strength and conditioning practitioners scope of practice and code of conduct and related moral, ethical, environmental and legal issues which underpin best practice within the field of strength and conditioning.
- 6 How to plan, design, execute and communicate a sustained piece of independent intellectual work using appropriate media.
- 7 The philosophical basis of scientific paradigms and competence in scientific methods of enquiry, research, interpretation and analysis of relevant data and communication through appropriate technologies.

4.2 Subject Specific Intellectual Skills

On successful completion of this programme a student will be able to:

- 8 Make effective use of knowledge and understanding of the disciplines underpinning human structure and function.
- 9 Appraise and evaluate the effects of strength and conditioning intervention on the participant.
- 10 Evidence the skills required to monitor and evaluate human responses to acute sport or exercise and long term training.
- 11 Display an awareness of current government policy or professional body guidelines on the relevance of exercise to improve health and sports performance.

4.3 Subject Specific Practical Skills

On successful completion of this programme a student will be able to:

- 12 Provide a critical appreciation of the relationship between exercise and strength training interventions in a variety of participant groups. This may include special populations such as

- the elderly, disabled and children.
- 13 Provide evidence of an ability to monitor and evaluate performance and prescribe appropriate training interventions.
 - 14 Recognise and respond to: the strength and conditioner practitioner code of conduct and scope of practice when approaching moral/ethical considerations; health and safety issues; exercise and training prescription; population differences; the role of education, health and sport bodies in improving the health of the nation.
 - 15 Display a critical appreciation on the integration of the factors involved in teaching, instructing and coaching.
 - 16 Monitor, analyse, diagnose and prescribe action to enhance the learning and performance of the component elements of sport.
 - 17 Provide evidence of the skills required to monitor and evaluate sports performance in laboratories and/or field settings.

4.4 Transferable Skills and Attributes

On successful completion of this programme a student will be able to:

- 18 Apply a range of communication and presentation skills.
- 19 Demonstrate competence in numeracy and C & IT skills.
- 20 Display interactive and group skills.
- 21 Apply problem solving skills in a variety of situations.
- 22 Evidence the ability to self-appraise and reflect upon practice.
- 23 Evidence the ability to plan and manage learning.
- 24 Engage in a cross-cultural learning environment that is outside of the student's home country

For details of each module contributing to the programme, please consult the module specification document.

5. Learning, Teaching and Assessment Strategies

5.1. Learning and Teaching Strategy

The teaching and learning strategy adopted within the BSc (Hons) Strength and Conditioning in Sport programme is based on five elements: a focus on learning; clarity of intentions; flexibility of learning approaches; verification of outcomes; and continuing professional development for staff.

Students benefit from diverse delivery methods that accommodate various learning styles. The teaching and learning on the degree course is supported by a programme of tutorial support at all levels with additional support from Learning Resources and Student Support departments. Learning within the programme encourages students to become 'producers' rather than 'consumers' of knowledge. For example, experiences gained during the athlete support placement, athlete case study and any shadowing of accredited coaches are utilised within the classroom environment for critical reflection and discussion of practice.

The tutorial programme titled 'Graduate Skills Development' is a compulsory non-credit bearing module, which provides traditional academic support through group and individual tutorials in addition to a number of key components at each level: at level 1 the focus is to assist the student's transition into higher education developing the required skills to study at this level, supporting the core delivery; at level 2 the focus is on 'employability' and requires the student to consider career options, reflect on their current skill set, action plan, prepare a curriculum-vitae / covering letter and for interview, all of which aims to contribute to the Lincoln Award which students are encouraged to obtain; at level 3 the focus is on supporting the student to achieve their potential by providing a bespoke programme each year, featuring careers talks, guest lectures and guidance on applying for postgraduate / teaching qualifications.

Knowledge and understanding, subject-specific intellectual and practical skills and transferable skills are to be developed progressively. Transferable skills are taught and developed through the tutorial programme within the core subject specific modules, the dedicated 'Research Skills' and 'Research Methods and Analysis' modules and the tutorial system. This approach allows the staff to deliver the underpinning skills necessary for successful undergraduate study whilst also developing the generic life skills required for employment.

Students will have the opportunity to experience a variety of different teaching methods, lectures within a module are to be supported with appropriate laboratory, practical workshops, seminar sessions and directed study to help reinforce underpinning theory. In addition to formal classroom delivery, modules are to be assisted through access to specialist facilities and the interactive IT applications of the virtual learning environment blackboard, providing extensive support to the learning process. Furthermore the School embraces the Universities 'Student as Producer' philosophy, adopting an applied and research informed teaching perspective to teaching and learning. This approach has been highly praised by current and previous external examiners and greatly valued within module feedback by students. Staff employ a wide range of techniques to increase student engagement and develop research skills in lectures and seminars such as: the use of Blogs and Wikis to stimulate student debate and assess learning; the use of Problem Based Learning techniques to introduce scientific theories; and the use of students as 'producers' in seminars, practical laboratory sessions and assessments to help them towards becoming critical thinkers and independent learners.

Staff actively engage in staff development, research and consultancy to inform and underpin high quality delivery and help inform local and regional policy and initiatives. Examples of this include:

providing strength and conditioning and sports science support to elite athletes specifically those within the 'University of Lincoln Sports Scholarship Programme', sitting on the Lincolnshire Exercise Referral network; evaluating local and regional physical activity initiatives; presenting and publishing research nationally and internationally and obtaining internal university grants from the Fund for Educational Development and Undergraduate Research Scheme to develop innovative teaching, learning and research in the areas of student engagement and employability. The student's experience and understanding is enhanced by the opportunity to assist staff within active consultancy and research projects and the facilitation of a variety of volunteer placements both internally within the School and with external partners and agencies in the local area. Specifically the year two module 'Applied Strength and Conditioning' features a placement whereby students will spend a dedicated amount of time working in the field with an athlete or group of athletes. Following on from this, within the 3rd year 'Advanced Strength and Conditioning' module students will plan and prepare a periodised training programme for an athlete in the form of a case study. In addition to these mandatory aspects, students will have the opportunity to assist staff delivering strength and conditioning support to externally-based athletes visiting the university and those in-house within the 'University of Lincoln Sports Scholarship Programme'.

5.2. Assessment Strategy

The assessment strategy implemented within the BSc (Hons) Strength and Conditioning in Sport programme adopts a variety of forms in order to reflect the differing specific and generic learning outcomes, the level of the module and is underpinned by the Universities Student as Producer philosophy. The course utilises a variety of formative assessments to enable the learner and tutors to monitor progression, examples of such assessments are simulation activities within the laboratory and field environment, tasks within lectures and seminars, small presentations and sample/ revision questions.

For students to achieve the wide range of programme outcomes in terms of knowledge and understanding, subject specific intellectual and practical skills and transferable skills and attributes, the assessment types are varied to meet the subject specific demands of each module. For those modules with a predominantly practical nature, for example 'Exercise Instruction' a practical demonstration is employed, assessing the relevant skills required whereas modules with greater theoretical content, for example 'Fundamentals of Human Physiology' portfolio and written examination are used. Overall a variety of coursework assessments are used including written assignments, portfolios, reports and portfolio media to provide evidence of vocational experience, oral and poster presentations, practical demonstrations, and formal written examinations. In addition to module specific learning outcomes the assessments aim to also assess the students developing transferable skills. The compulsory 'Research Skills' and 'Research Methods and Analysis' require students to develop portfolio's to demonstrate their application of transferable skills to subject specific modules, ensuring integration and continuity of the learning process.

Throughout the course, there is a clear progression in assessment complexity, content and style which differentiates levels 1, 2 and 3. In taught core modules the examination: coursework ratio is typically 50:50 throughout all levels. For each 30 credit point module, assessment can comprise a 2500 word assignment or 20 minute presentation and a 2 hour examination, at level 2 a 3000 word assignment or a 25 minute presentation and a 2.5 hour examination and at level 3, a 3500 word assignment or 30 minute presentation and a 3 hour examination. Where this ratio is not the case the overall volume of work is comparable between modules.

For each assessment, detailed criteria including: assessment title; details of distribution and submission; module leader; specific learning outcomes; transferable skills and attributes; content and a comprehensive marking criteria grid are planned to be devised. The rigour, consistency and equality of assessment to be ensured through criterion-referenced grade descriptors, external examiner approval, team planning to ensure vocational relevance, staff communication and internal moderation.

The Assessment Map provides a clear indication of the scheduling and distribution of assessment modes within the programme.

6. Programme Structure

The total number of credit points required for the achievement of Certificate of Higher Education (CertHE) is 120.

The total number of credit points required for the achievement of Diploma of Higher Education (DipHE) is 240.

The total number of credit points required for the achievement of Bachelor of Science with Honours (BSc (Hons)) is 360.

Level 1

Title	Credit Rating	Core / Optional
Fundamentals of Human Physiology 2019-20	30	Core
Biomechanical Basis of Human Movement 2019-20	30	Core
Research Skills 2019-20	15	Core
Foundations in Human Nutrition 2019-20	15	Core
Foundations in Strength and Conditioning 2019-20	30	Core

Level 2

Title	Credit Rating	Core / Optional
Applied Exercise Physiology 2020-21	15	Optional
Applied Health Physiology 2020-21	15	Optional
Applied Movement Analysis 2020-21	30	Core
Nutrition for Health and Performance 2020-21	15	Optional
Research Methods and Analysis 2020-21	15	Core
Applied Strength and Conditioning 2020-21	30	Core
Study Abroad 2020-21		Optional
Exercise Instruction 2019-20	15	Optional

Level 3

Title	Credit Rating	Core / Optional
Advanced Sport and Exercise Nutrition 2021-22	30	Optional
Advanced Biomechanical Analysis 2021-22	30	Optional
Advanced Sport Physiology 2021-22	30	Optional
Exercise Prescription for Health 2021-22	30	Optional
Personal Training 2021-22	30	Optional
Advanced Strength and Conditioning 2021-22	30	Core
Dissertation 2021-22	30	Core

Appendix I - Curriculum Map

This table indicates which modules assume responsibility for delivering and ordering particular programme learning outcomes.

Key: Delivered and Assessed Delivered Assessed

Level 1

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
Biomechanical Basis of Human Movement 2019-20	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Foundations in Human Nutrition 2019-20	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Foundations in Strength and Conditioning 2019-20			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>				
Fundamentals of Human Physiology 2019-20	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		
Research Skills 2019-20				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					

	PO13	PO14	PO15	PO16	PO17	PO18	PO19	PO20	PO21	PO22	PO23	PO24
Biomechanical Basis of Human Movement 2019-20						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Foundations in Human Nutrition 2019-20		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Foundations in Strength and Conditioning 2019-20		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				
Fundamentals of Human Physiology 2019-20					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Research Skills 2019-20					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						

Level 2

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
Applied Exercise Physiology 2020-21	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Applied Health Physiology 2020-21	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Applied Movement Analysis 2020-21				✓	✓	✓		✓		✓	✓	
Applied Strength and Conditioning 2020-21			✓		✓			✓	✓			
Exercise Instruction 2019-20	✓		✓		✓			✓		✓	✓	✓
Nutrition for Health and Performance 2020-21			✓	✓	✓			✓		✓	✓	✓
Research Methods and Analysis 2020-21	✓			✓	✓	✓	✓	✓		✓	✓	
Study Abroad 2020-21	✓	✓			✓			✓				✓

	PO13	PO14	PO15	PO16	PO17	PO18	PO19	PO20	PO21	PO22	PO23	PO24
Applied Exercise Physiology 2020-21	✓				✓	✓	✓		✓			
Applied Health Physiology 2020-21	✓	✓				✓	✓	✓	✓			
Applied Movement Analysis 2020-21	✓	✓		✓		✓	✓	✓				
Applied Strength and Conditioning 2020-21		✓	✓	✓	✓							
Exercise Instruction 2019-20	✓	✓	✓	✓		✓		✓	✓	✓	✓	
Nutrition for Health and Performance 2020-21		✓		✓			✓		✓		✓	
Research Methods and Analysis 2020-21		✓	✓		✓	✓	✓		✓	✓	✓	
Study Abroad 2020-21						✓				✓		✓

Level 3

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
Advanced Biomechanical Analysis 2021-22	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	
Advanced Sport and Exercise Nutrition 2021-22	✓			✓	✓			✓	✓	✓		
Advanced Sport Physiology 2021-22	✓	✓		✓	✓			✓	✓	✓		
Advanced Strength and Conditioning 2021-22	✓	✓	✓	✓	✓		✓		✓	✓		
Dissertation 2021-22			✓	✓	✓	✓	✓					
Exercise Prescription for Health 2021-22	✓	✓	✓		✓			✓	✓		✓	✓
Personal Training 2021-22		✓	✓	✓	✓	✓		✓	✓	✓	✓	✓

	PO13	PO14	PO15	PO16	PO17	PO18	PO19	PO20	PO21	PO22	PO23	PO24
Advanced Biomechanical Analysis 2021-22	✓			✓		✓	✓		✓		✓	

Advanced Sport and Exercise Nutrition 2021-22		✓	✓		✓				✓	✓	✓	
Advanced Sport Physiology 2021-22	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	
Advanced Strength and Conditioning 2021-22	✓	✓	✓		✓	✓						
Dissertation 2021-22						✓	✓	✓	✓		✓	
Exercise Prescription for Health 2021-22	✓	✓				✓	✓	✓	✓	✓		
Personal Training 2021-22	✓	✓	✓	✓		✓		✓	✓	✓	✓	

Appendix II - Assessment Map

This table indicates the spread of assessment activity across the programme. Percentages indicate assessment weighting.

Level 1

	01	02	03	04	05	06	07	08	09	10	11	12
Biomechanical Basis of Human Movement 2019-20												
Foundations in Human Nutrition 2019-20												
Foundations in Strength and Conditioning 2019-20												
Fundamentals of Human Physiology 2019-20												
Research Skills 2019-20												
	13	14	15	16	17	18	19	20	21	22	23	24
Biomechanical Basis of Human Movement 2019-20		50										
Foundations in Human Nutrition 2019-20												
Foundations in Strength and Conditioning 2019-20												
Fundamentals of Human Physiology 2019-20		50										
Research Skills 2019-20												
	25	26	27	28	29	30	31	32	33	34	35	36
Biomechanical Basis of Human Movement 2019-20				50								
Foundations in Human Nutrition 2019-20									100			
Foundations in Strength and Conditioning 2019-20						100						
Fundamentals of Human Physiology 2019-20								50				
Research Skills 2019-20							100					

	37	38	39	40	41	42	43	44	45	46	47	48
Biomechanical Basis of Human Movement 2019-20												
Foundations in Human Nutrition 2019-20												
Foundations in Strength and Conditioning 2019-20												
Fundamentals of Human Physiology 2019-20												
Research Skills 2019-20												
							49	50	51	52	EP 1 (Wk 16)	EP 2 (Wks 33, 34, 35)
Biomechanical Basis of Human Movement 2019-20												
Foundations in Human Nutrition 2019-20												
Foundations in Strength and Conditioning 2019-20												
Fundamentals of Human Physiology 2019-20												
Research Skills 2019-20												

Level 2

	01	02	03	04	05	06	07	08	09	10	11	12
Applied Exercise Physiology 2020-21												100
Applied Health Physiology 2020-21												
Applied Movement Analysis 2020-21												
Applied Strength and Conditioning 2020-21												
Exercise Instruction 2019-20												
Nutrition for Health and Performance 2020-21												
Research Methods and Analysis 2020-21												

Study Abroad 2020-21													
	13	14	15	16	17	18	19	20	21	22	23	24	
Applied Exercise Physiology 2020-21													
Applied Health Physiology 2020-21		100											
Applied Movement Analysis 2020-21												50	
Applied Strength and Conditioning 2020-21													
Exercise Instruction 2019-20													
Nutrition for Health and Performance 2020-21													
Research Methods and Analysis 2020-21						50							
Study Abroad 2020-21													
	25	26	27	28	29	30	31	32	33	34	35	36	
Applied Exercise Physiology 2020-21													
Applied Health Physiology 2020-21													
Applied Movement Analysis 2020-21													
Applied Strength and Conditioning 2020-21				60									
Exercise Instruction 2019-20									100				
Nutrition for Health and Performance 2020-21								100					
Research Methods and Analysis 2020-21						50							
Study Abroad 2020-21													
	37	38	39	40	41	42	43	44	45	46	47	48	
Applied Exercise Physiology 2020-21													
Applied Health Physiology 2020-21													
Applied Movement Analysis 2020-21													
Applied Strength and Conditioning 2020-21													
Exercise Instruction 2019-20													
Nutrition for Health and Performance 2020-21													
Research Methods and Analysis 2020-21													
Study Abroad 2020-21													
								49	50	51	52	EP 1	EP 2

											(Wk 16)	(Wks 33, 34, 35)
Applied Exercise Physiology 2020-21												
Applied Health Physiology 2020-21												
Applied Movement Analysis 2020-21												50
Applied Strength and Conditioning 2020-21												40
Exercise Instruction 2019-20												
Nutrition for Health and Performance 2020-21												
Research Methods and Analysis 2020-21												
Study Abroad 2020-21												

Level 3

	01	02	03	04	05	06	07	08	09	10	11	12
Advanced Biomechanical Analysis 2021-22												
Advanced Sport and Exercise Nutrition 2021-22												
Advanced Sport Physiology 2021-22											50	
Advanced Strength and Conditioning 2021-22												
Dissertation 2021-22												
Exercise Prescription for Health 2021-22												
Personal Training 2021-22												
	13	14	15	16	17	18	19	20	21	22	23	24
Advanced Biomechanical Analysis 2021-22								50				
Advanced Sport and Exercise Nutrition 2021-22				50								
Advanced Sport Physiology 2021-22												
Advanced Strength and Conditioning 2021-22		50										

Dissertation 2021-22		20											
Exercise Prescription for Health 2021-22													
Personal Training 2021-22										50			
	25	26	27	28	29	30	31	32	33	34	35	36	
Advanced Biomechanical Analysis 2021-22													
Advanced Sport and Exercise Nutrition 2021-22								50					
Advanced Sport Physiology 2021-22													
Advanced Strength and Conditioning 2021-22										50			
Dissertation 2021-22				80									
Exercise Prescription for Health 2021-22						50							
Personal Training 2021-22										50			
	37	38	39	40	41	42	43	44	45	46	47	48	
Advanced Biomechanical Analysis 2021-22													
Advanced Sport and Exercise Nutrition 2021-22													
Advanced Sport Physiology 2021-22													
Advanced Strength and Conditioning 2021-22													
Dissertation 2021-22													
Exercise Prescription for Health 2021-22													
Personal Training 2021-22													
							49	50	51	52	EP 1 (Wk 16)	EP 2 (Wks 33, 34, 35)	
Advanced Biomechanical Analysis 2021-22												50	
Advanced Sport and Exercise Nutrition 2021-22													
Advanced Sport Physiology 2021-22												50	
Advanced Strength and Conditioning 2021-22													

Dissertation 2021-22						
Exercise Prescription for Health 2021-22						50
Personal Training 2021-22						

Appendix III - Benchmark Analysis

This table maps programme learning outcomes to relevant QAA subject benchmark statements or PSRB guidelines.

Knowledge and Understanding

Subject Specific Intellectual Skills

Subject Specific Practical Skills

Transferable Skills and Attributes

Appendix IV: Benchmark Benchmark Statement(s)