



# UNIVERSITY OF LINCOLN

## Programme Specification

Title:

### **Sport and Exercise Science**

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: 1 Sep 2014

<b>Level</b>	<b>Date</b>
Level 1 or Certificate of Higher Education (CertHE)	2020-21
Level 2 or Diploma of Higher Education (DipHE)	2021-22
Level 3 or Bachelor of Science with Honours (BSc (Hons))	2022-23

## Table Of Contents

<b>1. Introduction</b>	3
<b>2. Basic Programme Data</b>	4
<b>3. Programme Description</b>	5
3.1 Overview	5
3.2 Aims and Objectives	6
3.3 Variations to Standard Regulations and Guidance	6
<b>4. Programme Outcomes</b>	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
<b>5. Learning, Teaching and Assessment Strategies</b>	9
5.1. Learning and Teaching Strategy	9
5.2. Assessment Strategy	10
<b>6. Programme Structure</b>	11
<b>Appendix I - Curriculum Map</b>	12
<b>Appendix II - Assessment Map</b>	15
<b>Appendix III - Benchmark Analysis</b>	21
<b>Appendix IV - Benchmark Statements(s)</b>	33

## **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

<b>Final Award:</b>	Bachelor of Science with Honours (BSc (Hons))
<b>Programme Title:</b>	Sport and Exercise Science
<b>Exit Awards and Titles</b>	Certificate of Higher Education (CertHE) Diploma of Higher Education (DipHE) Bachelor of Science with Honours (BSc (Hons))
<b>Subject(s)</b>	Sports and Exercise Sciences
<b>Mode(s) of delivery</b>	Full Time Part Time
<b>Is there a Placement or Exchange?</b>	No
<b>UCAS code</b>	C600
<b>Awarding Body</b>	University of Lincoln
<b>Campus(es)</b>	Lincoln Campus
<b>School(s)</b>	School of Sport and Exercise Science
<b>Programme Leader</b>	Daniel Bishop (dbishop)
<b>Relevant Subject Benchmark Statements</b>	
<b>Professional, Statutory or Regulatory Body Accreditation</b>	
<b>Programme Start Date</b>	2020-21

## 3. Programme Description

### 3.1 Overview

The BSc (Hons) Sport and Exercise Science programme was developed to meet both the student demand and the growing reputation of sport and exercise science and the role that sport and physical activity can play in improving the health of the nation. The programme originally validated in 2003 and revalidated in 2007 and has been successfully recruiting since its introduction to the University. The programme is a progressive and multidisciplinary course that qualifies the sport and exercise science graduate at honors degree level in the areas specific to sport and exercise science. This programme reflects current research-informed teaching and innovation, developing knowledge, understanding and practical skills in the core disciplines of physiology, biomechanics and psychology and their impact upon sports performance, physical activity and health.

The programme has a 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. Previous graduates have gone into employment in a variety of areas which include sport science, strength and conditioning, performance analysis, sports development, exercise referral work and working in the community with special populations. In addition graduates have gone onto postgraduate study and progressed in to the traditional vocational routes such as teaching, further education lecturing, the police and armed services or working in the fitness industry.

In year one of the programme, the focus aims to provide a sound and secure theoretical platform for understanding the subject base in the key disciplines of sport and exercise science and the development of research skills. In year two, students will have the opportunity to apply underpinning theory to practical contexts and settings. In year three students can specialise in their chosen fields and further develop knowledge and skills in applied and research settings, some of which may utilise 'live' case studies across a range of applied subject specific modules.

The School has modern, well-equipped facilities and equipment, housed within the Human Performance enabling cutting edge assessment and training of health, physical fitness and technique. The course team has a range of; BASES accredited researchers and support staff, sports coaches, strength and conditioning 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, Psychophysiology, HART). In addition the School supports a large number of consultancy projects in the field of sport and exercise science, providing unique opportunities for students to further develop additional skills and vocational experience. 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, providing the student with the possibility to engage in 'real-world' activities, grounded by theory and research.

At the time of writing in 2014 the programme has performed consistently on a number of key performance indicators. In 2014 the programme scored above average against University and Sector averages for the National Student Survey in all areas, but notably in overall student satisfaction, academic support, teaching on my course, assessment and feedback and organisation and management. Students feedback has indicated that the course prepares them well for employment, which was reinforced by the Destination of Higher Leavers Survey in 2014, where 89% of graduates were in employment, of which 70% were in graduate level employment within six months of completing their programme, placing the School 11th in National League tables for Graduate

employability.

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) Sport and Exercise Science (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) Sport and Exercise Science programme aims to produce students that are best placed to contribute to the rising demand of employment, innovation and practice in the sport and exercise science sector. Well qualified graduates have the opportunity to progress into advancing sports performance, improving health and physical fitness, shaping regional policy and teaching and instructing. The aim of the programme is 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**

None

## 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 Demonstrate a critical understanding of issues relating to physical activity, health and sport and exercise science.
- 2 Show an understanding of the need for both multi-disciplinary and inter-disciplinary approaches to research and professional contexts within sport and exercise science.
- 3 Demonstrate an understanding of sport and exercise science through academic and professional practice.
- 4 Apply research and problem-solving abilities by demonstrating critical understanding of methods of acquiring, interpreting and analysing information appropriate to sport and exercise science.
- 5 Illustrate an understanding and critical awareness of the moral, ethical, environmental and legal issues which underpin best practice within the fields of sport and exercise science.
- 6 Plan, design, execute and communicate a sustained piece of independent intellectual work using appropriate media.
- 7 Demonstrate an understanding of 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 sport and exercise intervention on the participant.
- 10 Evidence the skills required to monitor and evaluate human responses to sport and/or exercise.
- 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 sport and exercise 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 responses to exercise and prescribe appropriate interventions.
  - 14 Recognise and respond to: moral/ethical considerations; health and safety issues; exercise 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) Sport and Exercise Science 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.

Our aim is to provide a variety of 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 the opportunity to access additional support from Learning Resources and Student Support departments.

The tutorial programme titled 'Graduate Skills Development' is a compulsory non-credit bearing module, which aims to provide 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, supporting the core delivery; at level 2 the focus is on 'employability' and aims to get 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 can contribute to the Lincoln Award which students will be 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.

The programme aims to develop knowledge and understanding, subject-specific intellectual and practical skills and transferable skills. 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 provides the opportunity for staff to deliver the underpinning skills necessary for successful undergraduate study whilst also developing the generic life skills required for employment.

The course is designed to provide students with a variety of different teaching methods. Lectures within a module may be supported with appropriate laboratory practicals/workshops, seminar sessions and directed study to help reinforce underpinning theory. In addition to formal classroom delivery, students can access specialist facilities and the interactive IT applications of the virtual learning environment supporting 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 with the aim of increasing student engagement and the development of 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: sitting on the Lincolnshire Exercise Referral network; evaluating local and regional physical activity initiatives; providing elite athlete / team sports science support and strength and conditioning; presenting and publishing research nationally and internationally and obtaining internal university grants from the Fund for Educational Development and Undergraduate Research Scheme to promote

innovative teaching, learning and research in the areas of student engagement and employability.

Students have 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.

## **5.2. Assessment Strategy**

The assessment strategy implemented within the BSc (Hons) Sport and Exercise Science 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 programme aims to utilise 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.

The programme is designed to help students achieve the wide range of programme outcomes in terms of knowledge and understanding, subject specific intellectual and practical skills and transferable skills and attributes, through a variety of assessment. For example modules with a practical nature may be assessed via a practical demonstration, assessing the relevant skills required. Whereas modules with greater theoretical content may be assessed by written course work/laboratory reports and written examinations. 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 also aim to assess the students developing transferable skills. The compulsory 'Research Skills' and 'Research Methods and Analysis' are designed to allow students to apply transferable skills to subject specific modules, promoting integration and continuity of the learning process.

The course aims progress the 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 may 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, details are provided regarding the assessment title; details of distribution and submission; module leader; specific learning outcomes; transferable skills and attributes; content and a comprehensive marking criteria grid will be devised. The programme team promote rigour, consistency and equality of assessment 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

<b>Title</b>	<b>Credit Rating</b>	<b>Core / Optional</b>
Foundations in Human Nutrition 2020-21	15	Core
Fundamentals of Human Physiology 2020-21	30	Core
Biomechanical Basis of Human Movement 2020-21	30	Core
Introduction to Psychological Principles. 2020-21	30	Core
Research Skills 2020-21	15	Core

### Level 2

<b>Title</b>	<b>Credit Rating</b>	<b>Core / Optional</b>
Applied Movement Analysis 2021-22	30	Core
Applied Exercise Physiology 2021-22	15	Optional
Sport and Exercise Psychology 2021-22	30	Core
Nutrition for Health and Performance 2021-22	15	Optional
Research Methods and Analysis 2021-22	15	Core
Applied Health Physiology 2021-22	15	Optional
Study Abroad 2021-22		Optional
Exercise Instruction 2021-22	15	Optional

### Level 3

<b>Title</b>	<b>Credit Rating</b>	<b>Core / Optional</b>
Strength and Conditioning 2022-23	30	Optional
Dissertation 2022-23	30	Core
Personal Training 2022-23	30	Optional
Advanced Biomechanical Analysis 2022-23	30	Optional
Applied Sport and Exercise Psychology 2022-23	30	Optional
Exercise Prescription for Health 2022-23	30	Optional
Advanced Sport and Exercise Nutrition 2022-23	30	Optional
Advanced Sport Physiology 2022-23	30	Optional
Sport and Exercise Nutrition 2022-23	30	Optional

## 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 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"/>				
Foundations in Human Nutrition 2020-21	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fundamentals of Human Physiology 2020-21	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>				
Introduction to Psychological Principles. 2020-21	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Research Skills 2020-21				<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 2020-21						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Foundations in Human Nutrition 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"/>	
Fundamentals of Human Physiology 2020-21	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Introduction to Psychological Principles. 2020-21	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
Research Skills 2020-21					<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 2021-22	<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 2021-22	<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 2021-22				✓	✓	✓		✓		✓	✓	
Exercise Instruction 2021-22	✓		✓		✓			✓		✓	✓	✓
Nutrition for Health and Performance 2021-22			✓	✓	✓			✓		✓	✓	✓
Research Methods and Analysis 2021-22	✓			✓	✓	✓	✓	✓		✓	✓	
Sport and Exercise Psychology 2021-22	✓		✓	✓					✓		✓	
Study Abroad 2021-22	✓	✓		✓								✓

	PO13	PO14	PO15	PO16	PO17	PO18	PO19	PO20	PO21	PO22	PO23	PO24
Applied Exercise Physiology 2021-22	✓				✓	✓	✓		✓			
Applied Health Physiology 2021-22	✓	✓				✓	✓	✓	✓			
Applied Movement Analysis 2021-22	✓	✓		✓		✓	✓	✓				
Exercise Instruction 2021-22	✓	✓	✓	✓		✓		✓	✓	✓	✓	
Nutrition for Health and Performance 2021-22		✓		✓			✓		✓		✓	
Research Methods and Analysis 2021-22		✓	✓		✓	✓	✓		✓	✓	✓	
Sport and Exercise Psychology 2021-22			✓		✓	✓	✓	✓				
Study Abroad 2021-22		✓								✓		✓

### Level 3

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
Advanced Biomechanical Analysis 2022-23	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	
Advanced Sport and Exercise Nutrition 2022-23	✓			✓	✓			✓	✓	✓		
Advanced Sport Physiology 2022-23	✓	✓		✓	✓			✓	✓	✓		
Applied Sport and Exercise Psychology 2022-23	✓	✓		✓	✓				✓	✓	✓	✓
Dissertation 2022-23			✓	✓	✓	✓	✓					
Exercise Prescription for Health 2022-23	✓	✓	✓		✓			✓	✓		✓	✓
Personal Training 2022-23	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓
Sport and Exercise Nutrition 2022-23	✓			✓	✓			✓	✓	✓		
Strength and Conditioning 2022-23	✓	✓	✓	✓	✓			✓	✓	✓	✓	

	PO13	PO14	PO15	PO16	PO17	PO18	PO19	PO20	PO21	PO22	PO23	PO24
Advanced Biomechanical Analysis 2022-23	✓			✓		✓	✓		✓		✓	
Advanced Sport and Exercise Nutrition 2022-23		✓	✓		✓				✓	✓	✓	
Advanced Sport Physiology 2022-23	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	
Applied Sport and Exercise Psychology 2022-23	✓			✓	✓				✓	✓	✓	
Dissertation 2022-23						✓	✓	✓	✓		✓	
Exercise Prescription for Health 2022-23	✓	✓				✓	✓	✓	✓	✓		
Personal Training 2022-23	✓	✓	✓	✓		✓		✓	✓	✓	✓	
Sport and Exercise Nutrition 2022-23		✓	✓				✓	✓	✓			
Strength and Conditioning 2022-23	✓	✓	✓	✓		✓		✓	✓	✓	✓	

## 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 2020-21												
Foundations in Human Nutrition 2020-21												
Fundamentals of Human Physiology 2020-21												
Introduction to Psychological Principles. 2020-21										50		
Research Skills 2020-21												
	13	14	15	16	17	18	19	20	21	22	23	24
Biomechanical Basis of Human Movement 2020-21		50										
Foundations in Human Nutrition 2020-21												
Fundamentals of Human Physiology 2020-21		50										
Introduction to Psychological Principles. 2020-21												
Research Skills 2020-21												
	25	26	27	28	29	30	31	32	33	34	35	36
Biomechanical Basis of Human Movement 2020-21				50								
Foundations in Human Nutrition 2020-21									100			
Fundamentals of Human Physiology 2020-21								50				
Introduction to Psychological Principles. 2020-21							50					
Research Skills 2020-21							100					

	37	38	39	40	41	42	43	44	45	46	47	48
Biomechanical Basis of Human Movement 2020-21												
Foundations in Human Nutrition 2020-21												
Fundamentals of Human Physiology 2020-21												
Introduction to Psychological Principles. 2020-21												
Research Skills 2020-21												
							49	50	51	52	EP 1 (Wk 16)	EP 2 (Wks 33, 34, 35)
Biomechanical Basis of Human Movement 2020-21												
Foundations in Human Nutrition 2020-21												
Fundamentals of Human Physiology 2020-21												
Introduction to Psychological Principles. 2020-21												
Research Skills 2020-21												

## Level 2

	01	02	03	04	05	06	07	08	09	10	11	12
Applied Exercise Physiology 2021-22												100
Applied Health Physiology 2021-22												
Applied Movement Analysis 2021-22												
Exercise Instruction 2021-22												
Nutrition for Health and Performance 2021-22												
Research Methods and Analysis 2021-22												
Sport and Exercise Psychology 2021-22												40



Study Abroad 2021-22													
	13	14	15	16	17	18	19	20	21	22	23	24	
Applied Exercise Physiology 2021-22													
Applied Health Physiology 2021-22		100											
Applied Movement Analysis 2021-22												50	
Exercise Instruction 2021-22													
Nutrition for Health and Performance 2021-22													
Research Methods and Analysis 2021-22						50							
Sport and Exercise Psychology 2021-22													
Study Abroad 2021-22													
	25	26	27	28	29	30	31	32	33	34	35	36	
Applied Exercise Physiology 2021-22													
Applied Health Physiology 2021-22													
Applied Movement Analysis 2021-22													
Exercise Instruction 2021-22									100				
Nutrition for Health and Performance 2021-22								100					
Research Methods and Analysis 2021-22						50							
Sport and Exercise Psychology 2021-22		10											
Study Abroad 2021-22													
	37	38	39	40	41	42	43	44	45	46	47	48	
Applied Exercise Physiology 2021-22													
Applied Health Physiology 2021-22													
Applied Movement Analysis 2021-22													
Exercise Instruction 2021-22													
Nutrition for Health and Performance 2021-22													
Research Methods and Analysis 2021-22													
Sport and Exercise Psychology 2021-22													
Study Abroad 2021-22													
								49	50	51	52	EP 1	EP 2

											(Wk 16)	(Wks 33, 34, 35)
Applied Exercise Physiology 2021-22												
Applied Health Physiology 2021-22												
Applied Movement Analysis 2021-22												50
Exercise Instruction 2021-22												
Nutrition for Health and Performance 2021-22												
Research Methods and Analysis 2021-22												
Sport and Exercise Psychology 2021-22												50
Study Abroad 2021-22												

### Level 3

	01	02	03	04	05	06	07	08	09	10	11	12
Advanced Biomechanical Analysis 2022-23												
Advanced Sport and Exercise Nutrition 2022-23												
Advanced Sport Physiology 2022-23											50	
Applied Sport and Exercise Psychology 2022-23												
Dissertation 2022-23												
Exercise Prescription for Health 2022-23												
Personal Training 2022-23												
Sport and Exercise Nutrition 2022-23												50
Strength and Conditioning 2022-23												
	13	14	15	16	17	18	19	20	21	22	23	24
Advanced Biomechanical Analysis 2022-23								50				
Advanced Sport and Exercise Nutrition				50								

2022-23													
Advanced Sport Physiology 2022-23													
Applied Sport and Exercise Psychology 2022-23						50							
Dissertation 2022-23		20											
Exercise Prescription for Health 2022-23													
Personal Training 2022-23										50			
Sport and Exercise Nutrition 2022-23													
Strength and Conditioning 2022-23		50											

	25	26	27	28	29	30	31	32	33	34	35	36
Advanced Biomechanical Analysis 2022-23												
Advanced Sport and Exercise Nutrition 2022-23								50				
Advanced Sport Physiology 2022-23												
Applied Sport and Exercise Psychology 2022-23				50								
Dissertation 2022-23				80								
Exercise Prescription for Health 2022-23						50						
Personal Training 2022-23										50		
Sport and Exercise Nutrition 2022-23				50								
Strength and Conditioning 2022-23										50		

	37	38	39	40	41	42	43	44	45	46	47	48
Advanced Biomechanical Analysis 2022-23												
Advanced Sport and Exercise Nutrition 2022-23												
Advanced Sport Physiology 2022-23												
Applied Sport and Exercise Psychology 2022-23												
Dissertation 2022-23												
Exercise Prescription for Health 2022-23												
Personal Training 2022-23												

Sport and Exercise Nutrition 2022-23												
Strength and Conditioning 2022-23												
							49	50	51	52	EP 1 (Wk 16)	EP 2 (Wks 33, 34, 35)
Advanced Biomechanical Analysis 2022-23												50
Advanced Sport and Exercise Nutrition 2022-23												
Advanced Sport Physiology 2022-23												50
Applied Sport and Exercise Psychology 2022-23												
Dissertation 2022-23												
Exercise Prescription for Health 2022-23												50
Personal Training 2022-23												
Sport and Exercise Nutrition 2022-23												
Strength and Conditioning 2022-23												

## Appendix III - Benchmark Analysis

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

### Knowledge and Understanding

	Event01	Event02	Event03	Event04	Event05	Event06	Event07	Event08	Event09
PO1									
PO2									
PO3									
PO4									
PO5									
PO6									
PO7									

	Event10	Event11	Event12	Event13	Event14	Event15	Event16	Event17	Event18
PO1									
PO2									
PO3									
PO4									
PO5									
PO6									
PO7									

	Event19	Event20	Hosp01	Hosp02	Hosp03	Hosp04	Hosp05	Hosp06	Hosp07
PO1									
PO2									
PO3									
PO4									
PO5									
PO6									
PO7									

	Hosp08	Hosp09	Hosp10	Hosp11	Hosp12	Hosp13	Hosp14	Hosp15	Hosp16
PO1									
PO2									
PO3									
PO4									
PO5									
PO6									
PO7									

	Hosp17	Hosp18	Hosp19	Hosp20	KNUS01	KNUS02	KNUS03	KNUS04	KNUS05
PO1									
PO2									
PO3									
PO4									
PO5									
PO6									
PO7									

	KNUS06	KNUS07	KNUS08	KNUS09	KNUS10	KNUS11	KNUS12	KNUS13	KNUS14
PO1									
PO2									
PO3									
PO4									
PO5									
PO6									
PO7									

	Leis01	Leis02	Leis03	Leis04	Leis05	Leis06	Leis07	Leis08	Leis09
PO1									
PO2									
PO3									
PO4									

PO5									
PO6									
PO7									

	Leis10	Leis11	Leis12	Sport01	Sport02	Sport03	Sport04	Sport05	Sport06
PO1									
PO2									
PO3									
PO4									
PO5									
PO6									
PO7									

	Sport07	Sport08	Sport09	Sport10	Sport11	Sport12	Sport13	Sport14	Sport15
PO1									
PO2									
PO3									
PO4									
PO5									
PO6									
PO7									

	Sport16	Tour01	Tour02	Tour03	Tour04	Tour05	Tour06	Tour07	Tour08
PO1									
PO2									
PO3									
PO4									
PO5									
PO6									
PO7									

	Tour09	Tour10	Tour11	Tour12	Tour13	Tour14	Tour15	Tour16	Tour17
PO1									

PO2									
PO3									
PO4									
PO5									
PO6									
PO7									

### Subject Specific Intellectual Skills

	Event01	Event02	Event03	Event04	Event05	Event06	Event07	Event08	Event09
PO8									
PO9									
PO10									
PO11									

	Event10	Event11	Event12	Event13	Event14	Event15	Event16	Event17	Event18
PO8									
PO9									
PO10									
PO11									

	Event19	Event20	Hosp01	Hosp02	Hosp03	Hosp04	Hosp05	Hosp06	Hosp07
PO8									
PO9									
PO10									
PO11									

	Hosp08	Hosp09	Hosp10	Hosp11	Hosp12	Hosp13	Hosp14	Hosp15	Hosp16
PO8									
PO9									
PO10									



PO11									
	Hosp17	Hosp18	Hosp19	Hosp20	KNUS01	KNUS02	KNUS03	KNUS04	KNUS05
PO8									
PO9									
PO10									
PO11									
	KNUS06	KNUS07	KNUS08	KNUS09	KNUS10	KNUS11	KNUS12	KNUS13	KNUS14
PO8									
PO9									
PO10									
PO11									
	Leis01	Leis02	Leis03	Leis04	Leis05	Leis06	Leis07	Leis08	Leis09
PO8									
PO9									
PO10									
PO11									
	Leis10	Leis11	Leis12	Sport01	Sport02	Sport03	Sport04	Sport05	Sport06
PO8				✓					
PO9					✓				
PO10						✓			
PO11									
	Sport07	Sport08	Sport09	Sport10	Sport11	Sport12	Sport13	Sport14	Sport15
PO8									
PO9									
PO10									
PO11		✓							
	Sport16	Tour01	Tour02	Tour03	Tour04	Tour05	Tour06	Tour07	Tour08

PO8									
PO9									
PO10									
PO11									

	Tour09	Tour10	Tour11	Tour12	Tour13	Tour14	Tour15	Tour16	Tour17
PO8									
PO9									
PO10									
PO11									

### Subject Specific Practical Skills

	Event01	Event02	Event03	Event04	Event05	Event06	Event07	Event08	Event09
PO12									
PO13									
PO14									
PO15									
PO16									
PO17									

	Event10	Event11	Event12	Event13	Event14	Event15	Event16	Event17	Event18
PO12									
PO13									
PO14									
PO15									
PO16									
PO17									

	Event19	Event20	Hosp01	Hosp02	Hosp03	Hosp04	Hosp05	Hosp06	Hosp07
PO12									

PO13									
PO14									
PO15									
PO16									
PO17									

	Hosp08	Hosp09	Hosp10	Hosp11	Hosp12	Hosp13	Hosp14	Hosp15	Hosp16
PO12									
PO13									
PO14									
PO15									
PO16									
PO17									

	Hosp17	Hosp18	Hosp19	Hosp20	KNUS01	KNUS02	KNUS03	KNUS04	KNUS05
PO12									
PO13									
PO14									
PO15									
PO16									
PO17									

	KNUS06	KNUS07	KNUS08	KNUS09	KNUS10	KNUS11	KNUS12	KNUS13	KNUS14
PO12									
PO13									
PO14									
PO15									
PO16									
PO17									

	Leis01	Leis02	Leis03	Leis04	Leis05	Leis06	Leis07	Leis08	Leis09
PO12									
PO13									

PO14									
PO15									
PO16									
PO17									

	Leis10	Leis11	Leis12	Sport01	Sport02	Sport03	Sport04	Sport05	Sport06
PO12							✓		
PO13									
PO14									
PO15									
PO16								✓	
PO17									✓

	Sport07	Sport08	Sport09	Sport10	Sport11	Sport12	Sport13	Sport14	Sport15
PO12									
PO13			✓						
PO14				✓					
PO15	✓								
PO16									
PO17									

	Sport16	Tour01	Tour02	Tour03	Tour04	Tour05	Tour06	Tour07	Tour08
PO12									
PO13									
PO14									
PO15									
PO16									
PO17									

	Tour09	Tour10	Tour11	Tour12	Tour13	Tour14	Tour15	Tour16	Tour17
PO12									
PO13									
PO14									

PO15									
PO16									
PO17									

## Transferable Skills and Attributes

	Event01	Event02	Event03	Event04	Event05	Event06	Event07	Event08	Event09
PO18									
PO19									
PO20									
PO21									
PO22									
PO23									
PO24									

	Event10	Event11	Event12	Event13	Event14	Event15	Event16	Event17	Event18
PO18									
PO19									
PO20									
PO21									
PO22									
PO23									
PO24									

	Event19	Event20	Hosp01	Hosp02	Hosp03	Hosp04	Hosp05	Hosp06	Hosp07
PO18									
PO19									
PO20									
PO21									
PO22									
PO23									

PO24									
	Hosp08	Hosp09	Hosp10	Hosp11	Hosp12	Hosp13	Hosp14	Hosp15	Hosp16
PO18									
PO19									
PO20									
PO21									
PO22									
PO23									
PO24									
	Hosp17	Hosp18	Hosp19	Hosp20	KNUS01	KNUS02	KNUS03	KNUS04	KNUS05
PO18									
PO19									
PO20									
PO21									
PO22									
PO23									
PO24									
	KNUS06	KNUS07	KNUS08	KNUS09	KNUS10	KNUS11	KNUS12	KNUS13	KNUS14
PO18									
PO19									
PO20									
PO21									
PO22									
PO23									
PO24									
	Leis01	Leis02	Leis03	Leis04	Leis05	Leis06	Leis07	Leis08	Leis09
PO18									
PO19									
PO20									

PO21									
PO22									
PO23									
PO24									

	Leis10	Leis11	Leis12	Sport01	Sport02	Sport03	Sport04	Sport05	Sport06
PO18									
PO19									
PO20									
PO21									
PO22									
PO23									
PO24									

	Sport07	Sport08	Sport09	Sport10	Sport11	Sport12	Sport13	Sport14	Sport15
PO18									
PO19									
PO20									
PO21									
PO22									
PO23									
PO24									

	Sport16	Tour01	Tour02	Tour03	Tour04	Tour05	Tour06	Tour07	Tour08
PO18									
PO19									
PO20									
PO21									
PO22									
PO23									
PO24									

	Tour09	Tour10	Tour11	Tour12	Tour13	Tour14	Tour15	Tour16	Tour17
--	--------	--------	--------	--------	--------	--------	--------	--------	--------

PO18									
PO19									
PO20									
PO21									
PO22									
PO23									
PO24									



## **Appendix IV: Benchmark Benchmark Statement(s)**

**Event01** - *Explain, interpret and challenge theories and concepts which are used to understand the origin, purpose, meanings and development of events from a range of critical perspectives.*

**Event02** - *Display an insight into the structure of event providers and their sectors, and analyse the political, technological, social, environmental and economic factors which affect, or impact upon, the supply of, and demand for, events.*

**Event03** - *Analyse and reflect on the different cultural and business concepts, intercultural and international dimensions of events.*

**Event04** - *Demonstrate a critical awareness and understanding of how core values, for example, ethics, integration, sustainability, creativity, strategy, and continuous improvement, relate to, and are reflected in, events.*

**Event05** - *Demonstrate a critical awareness and understanding of appropriate domains including administration, design, operations, marketing and risk, and how they apply to the phases of events, such as initiation, planning, implementation, event and closure.*

**Event06** - *Operate and effectively manage resources, including human (paid or volunteer), financial, venue, and subcontracted and technical resources.*

**Event07** - *Display critical knowledge, understanding and application of risk management and the legal, ethical and regulatory frameworks that affect event management.*

**Event08** - *Plan, control, analyse and evaluate events, support service provision and their logistics.*

**Event09** - *Design events, including the programming of spectacle, exhibition, ritual, performance and hospitality.*

**Event10** - *Engage with, contribute to and produce events, based on an acquisition and understanding of appropriate vocabularies, skills, working methods and professional business communications.*

**Event11** - *Analyse the nature, characteristics, needs and expectations of different consumers through applying consumer behaviour theories and concepts.*

**Event12** - *Generate creative ideas/concepts, proposals, pitches and solutions to meet differing needs.*

**Event13** - *Analyse and evaluate the quality of the event experience and its impact on the event consumer and/or client and the wider organisation.*

**Event14** - *Evaluate the importance of cultural and other diversities in developing access to, and participation in, events by specific target groups.*

**Event15** - *Demonstrate an understanding of the ways in which attendees behave at events and within the venue and surrounding destination.*

**Event16** - *Evaluate the contribution and impacts of events in social, economic, environmental,*

*political, cultural, technological and other terms.*

**Event17** - *Appreciate the ethical and sustainability issues associated with the operation and development of events.*

**Event18** - *Write and critique event plans, event strategies and to recognise and meet the needs of specific stakeholders.*

**Event19** - *Critically reflect upon the role of those organisations and structures charged with a responsibility for the promotion of, or the training of practitioners in events.*

**Event20** - *Demonstrate a critical awareness and appreciation of existing and emerging standards, policies, initiatives, frameworks and contemporary issues.*

**Hosp01** - *Critically reflect upon the origin, meanings and development of hospitality.*

**Hosp02** - *Analyse and reflect on the different cultural concepts of hospitality.*

**Hosp03** - *Demonstrate a critical awareness of the boundaries of hospitality.*

**Hosp04** - *Operate and manage human and technical resources*

**Hosp05** - *Apply theory to the solution of complex problems within the core areas of hospitality.*

**Hosp06** - *Analyse and evaluate food, beverage and/or accommodation service systems, their implementation and operation.*

**Hosp07** - *Able to evaluate and apply, within the hospitality context, appropriate theories and concepts from the generic management areas of: operations management.*

**Hosp08** - *Able to evaluate and apply, within the hospitality context, appropriate theories and concepts from the generic management areas of: finance and management accounting.*

**Hosp09** - *Able to evaluate and apply, within the hospitality context, appropriate theories and concepts from the generic management areas of: human resources and organisational behaviour.*

**Hosp10** - *Able to evaluate and apply, within the hospitality context, appropriate theories and concepts from the generic management areas of: services marketing.*

**Hosp11** - *Able to evaluate and apply, within the hospitality context, appropriate theories and concepts from the generic management areas of: information systems and technology.*

**Hosp12** - *Able to evaluate and apply, within the hospitality context, appropriate theories and concepts from the generic management areas of: strategic management.*

**Hosp13** - *Display an insight into the structure of the hospitality industry and the contribution that it makes to the global economy.*

**Hosp14** - *Analyse and reflect upon the environmental influences which impact on hospitality*

*organisations.*

**Hosp15** - *Evaluate the factors which influence the development of organisations operating within the hospitality industry.*

**Hosp16** - *Review and analyse the political, technological, social and economic factors which affect the supply of and demand for hospitality.*

**Hosp17** - *Understand and apply the theories and concepts underpinning consumer behaviour within the hospitality context.*

**Hosp18** - *Analyse the needs and expectations of different hospitality consumers and develop appropriate responses.*

**Hosp19** - *Analyse the quality of the service encounter and its impact on the hospitality consumer and the service provider.*

**Hosp20** - *Able to identify and respond appropriately to the diversity that prevails within the hospitality industry in relation to stakeholders, such as: hospitality consumers, hospitality employees, hospitality organisations, government and external agencies.*

**KNUS01** - *research and assess paradigms, theories, principles, concepts and factual*

**KNUS02** - *critically assess and evaluate evidence in the context of research methodologies*

**KNUS03** - *critically interpret data of different kinds and appraise the strengths and*

**KNUS04** - *describe, synthesise, interpret, analyse and evaluate information and data relevant*

**KNUS05** - *plan, design, execute and communicate a sustained piece of independent*

**KNUS06** - *apply knowledge to the solution of familiar and unfamiliar problems*

**KNUS07** - *develop a sustained reasoned argument, perhaps challenging previously*

**KNUS08** - *demonstrate effective communication and presentation skills*

**KNUS09** - *work effectively independently and with others*

**KNUS10** - *take and demonstrate responsibility for their own learning and continuing*

**KNUS11** - *self-appraise and reflect on practice*

**KNUS12** - *plan, design, manage and execute practical activities using appropriate*

**KNUS13** - *recognise and respond to moral, ethical, sustainability and safety issues which*

**KNUS14** - *undertake fieldwork with continuous regard for safety and risk assessment.*

**Leis01** - *Demonstrate an ability to synthesise interdisciplinary approaches to issues of consumption and consumerism in leisure markets.*

**Leis02** - *Critically reflect on the impact of leisure in the lives of individuals and analyse barriers to participation.*

**Leis03** - *Evaluate the importance of cultural and other diversities in developing access to participation in leisure by specific target groups.*

**Leis04** - *Critically evaluate the notion of praxis derived from generic disciplines and apply these to a specific leisure context.*

**Leis05** - *Analyse and reflect upon the environment in which leisure operations take place.*

**Leis06** - *Review and analyse the political and economic factors which affect the supply of, and demands for, leisure.*

**Leis07** - *Critically reflect on the nature of policies for leisure across sectoral and administrative boundaries.*

**Leis08** - *Critically evaluate the role and impact of global and local leisure structures and organisations.*

**Leis09** - *Operationalise concepts of social, public and business policy and critically analyse their role in leisure supply.*

**Leis10** - *Write and critically evaluate leisure plans, development plans and recognise and meet the leisure needs of specific communities.*

**Leis11** - *Critically reflect upon the role of those organisations and structures charged with a responsibility for the promotion of leisure or the training of practitioners in leisure.*

**Leis12** - *Able to employ a range of 'leisure specific' facilitation skills in the promotion of professional practice, including being able to: critically reflect upon what it means to work in leisure, evaluate the impact and role of leisure events in everyday...*

**Sport01** - *Making effective use of knowledge and understanding of the disciplines underpinning human structure and function.*

**Sport02** - *Appraising and evaluating the effects of sport and exercise intervention on the participant.*

**Sport03** - *Showing evidence of the skills required to monitor and evaluate human responses to sport and/or exercise.*

**Sport04** - *Providing a critical appreciation of the relationship between sport and exercise activity and intervention in a variety of participant groups; this could include special populations such as senior citizens, disabled people and children.*

**Sport05** - *Monitoring, analysing, diagnosing and prescribing action to enhance the learning and*

*performance of the component elements of sport.*

**Sport06** - *Showing evidence of the skills required to monitor and evaluate sports performance in laboratories and/or field settings.*

**Sport07** - *Displaying a critical appreciation of the integration of the variables involved in the delivery (teaching, instructing and coaching) of enhanced sport performance.*

**Sport08** - *Displaying an awareness of current government policy on disease prevention and the relevance of exercise.*

**Sport09** - *Showing evidence of an ability to monitor health through exercise and prescribe appropriate interventions.*

**Sport10** - *Displaying a broad range of skills, including awareness of health and safety, ethical considerations, exercise prescription, population differences and the role of education, health and sports bodies in improving the health of the nation.*

**Sport11** - *Displaying a critical insight into the organisations and structures responsible for sport, and the political ramifications arising from these.*

**Sport12** - *Employing social, economic and political theory to explain the development and differentiation of sport throughout society.*

**Sport13** - *Demonstrating the application of the social and cultural meanings attached to sport and their impact on participation and regulation.*

**Sport14** - *Understanding and applying the theories, concepts and principles of practice from the generic management areas of operations, finance, human resources, economics and marketing to sports facilities and events.*

**Sport15** - *Employing strategic planning and development planning skills in analysing, understanding and addressing the development needs and intentions of sport organisations and communities.*

**Sport16** - *Demonstrating a critical appreciation of sport development and facilitation principles in at least one vocational context.*

**Tour01** - *Understand and appreciate the potential contributions of disciplines that help to explain the nature and development of tourism.*

**Tour02** - *Explain and challenge theories and concepts which are used to understand tourism.*

**Tour03** - *Explain and challenge the definitions, nature and operations of tourism.*

**Tour04** - *Demonstrate an understanding of the domestic and international nature and dimensions of tourism.*

**Tour05** - *Utilise a range of source material in investigating tourism.*

**Tour06** - *Demonstrate an awareness of the dynamic nature of tourism in modern societies.*

**Tour07** - *Understand the intercultural dimensions of tourism.*

**Tour08** - *Be able to explain the patterns and characteristics of tourism demand and the influences on such demand.*

**Tour09** - *Have an understanding of the ways in which tourists behave at destinations.*

**Tour10** - *Understand the cultural significance of tourism for tourists and societies.*

**Tour11** - *Demonstrate an understanding of the structure, operation and organisation of the public, private and not-for-profit sectors and their activities.*

**Tour12** - *Evaluate the factors that influence the development of organisations operating in tourism.*

**Tour13** - *Analyse relations between consumers of tourism and the providers of tourism services.*

**Tour14** - *Being able to evaluate the contribution and impacts of tourism in social, economic, environmental, political, cultural and other terms.*

**Tour15** - *Having an understanding of, and being able to evaluate, the approaches to managing the development of tourism through concepts of policy and planning.*

**Tour16** - *Appreciating the ethical issues associated with the operation and development of tourism.*

**Tour17** - *Having an understanding of the issues and principles of sustainability and social responsibility in the context of tourism.*