BSc (Hons) Sport & Exercise Science

Programme Specification

1. Programme title	BSc (Hons) Sport & Exercise Science
2. Awarding institution	Middlesex University
3a Teaching institution	Middlesex University, Stone X Stadium
3b Language of study	English
4a Valid intake dates	Sept
4b Mode of study	Full time/Part Time/Sandwich
4c Delivery method	☒ On-campus/Blended ☐ Distance Education
5. Professional/Statutory/Regulatory body	n/a
6. Apprenticeship Standard	n/a
7. Final qualification(s) available	BSc (Hons) Sport and Exercise Science BSc Sport and Exercise Science (ordinary degree) DipHE Sport and Exercise Science CertHE Sport and Exercise Science
8. Academic year effective from	**2024/25**

9. Criteria for admission to the programme

Candidates must be able to satisfy the general admissions requirements of Middlesex University in one or more of the following ways with the normal minimum age of 18 years old. Criteria for admission to the programme BSc (Hons) Sport & Exercise Science a minimum of 96 UCAS points.

Mature students without traditional requirements may also be accepted following accreditation of prior experiential learning providing they can show appropriate levels of relevant ability and experience; they would need to make a claim for recognition of prior learning (RPL).
We will Recognise Prior Learning in line with Middlesex University admission regulations which can be found on the main website. More info on RPL can be found on the "Study With Us" page of the MDX website. This page shows how much credit can be awarded towards a degree programme and how to make a claim for RPL.

Please refer to the programme specification for the Foundation Year for criteria for admission to the BSc (Hons) Sport and Exercise Science with Foundation Year programme.

Evidence for capacity to work at level 3 for example:

5 GCSEs (Grade C or above) or 5 GCEs (Grade C or above) including:
English Language/Literature and Mathematics and Science. PLUS, the following:
48 UCAS tariff points with 32 points in a Science subject (equivalent to 2 A-Level Ds) Criteria for admission to the programme BSc Sport and Exercise Science:

Evidence for capacity to work at level 4+ for example:

5 GCSEs (Grade C or above) or 5 GCEs (Grade C or above) including:

- English Language/Literature and Mathematics and Science. PLUS, one of the following:
- Three A-Levels with a minimum of 96 UCAS Tariff points with least one A level in a science discipline or physical education.
- T-Level Pass (C or above on the core) in a science or physical education discipline.
- A BTEC National Diploma or Certificate in an appropriate area (e.g. Applied Science/sport) normally with a minimum of 2 merits OR
- Applicants who have successfully completed a relevant Diploma in Access to Higher Education (Science/Sport) with a minimum of a merit OR
- Applicants who have successfully completed an appropriate (e.g Applied Science/Sport) Advanced GNVQ with at least 3 level III passes at merit standard.
- Mature Students will be interviewed by the team to discuss suitability for study at level 4.
- Applicants who have successfully passed a HE Foundation Science/Sport programme.

- Overseas applicants with an appropriate qualification and an IELTS score of 6.0 and over (with a minimum of 5.5 in all sections)

10. Aims of the programme

The programme aims to:

A. Provide a multi-disciplinary understanding of sport and exercise science.
B. Provide a balance of scientific, practical, and technical skills on which to base professional competence in relation to sport and exercise science.
C. Enable students to identify, implement and evaluate appropriate strategies to promote effective laboratory practices.
D. Integrate leadership skills in professional practice and establish the basis for subsequent career readiness or research success (lifelong learning) and employability.
E. Enable students to positively and flexibly change sport and exercise environment and facilitate the development of problem solving skills.
F. Enable students to evaluate and appraise new information, review evidence and critically analyse conflicting theories and assimilate best professional practice.

11. Programme outcomes

A. Knowledge and understanding

On completion of this programme the successful student will have knowledge and understanding of :
1. The principles of sport and exercise science.
2. Sport and exercise science and its inter- relationship with other fields of study.
3. Applied sport and exercise science current topics, with particular emphasis in specialist areas.
4. The significance of sport and exercise science and its relationship to professional codes of practice.
5. An evidence-based approach to deal with the complexities of sport and exercise science.
6. Career opportunities specific to their chosen programme.
7. Applying autonomous and reflective approach to lifelong learning.

Teaching/learning methods

Students learn knowledge and understanding through key concept videos, occasional on line or on campus attendance in seminars, tutorials, workshops, problem solving sessions, laboratory teaching, demonstration classes, placement and field work. In these sessions Students will get a variety of directed and self-directed learning activities e.g. Group projects, case study analysis, laboratory-based learning, and portfolio development and work-based activity. Students acquire graduate skills through reading, group work exercises, structured and directed learning, reflection and development of portfolio material, formative assessment and on placement

Assessment methods
Students' knowledge and understanding is assessed by

(a) Formative assessment
Formative assessment will be used to identify learning gaps throughout the module to close academic gaps and promote student success. This will include students assessing themselves, peers and academics through their writing, quizzes, practical's, presentations and oral discussion. All formative assessment will occur during planned sessions and varied to depending on the content learning objectives of the lesson.

(b) Summative assessment
Summative assessment will be used to evaluate student learning, skill acquisition and academic achievement throughout the module. This will include, coursework, practical vivas, laboratory reports, presentations, professional portfolios and in-course tests.

B. Skills

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

Seek and apply new techniques and processes to own performance and identify how these might be evaluated.
1. Identify, select and use analytic and evaluative skills that address issues Influencing sport and science.
2. Prioritise a range of options and select appropriate communication formats to convey solutions.
3. Apply sport and exercise science knowledge in unfamiliar contexts, synthesising ideas or novel solutions.
4. Critically evaluate the results of an academic investigation and be able to extract data using a range of techniques appropriate to their chosen fields.
5. Demonstrate confidence and flexibility in identifying and defining complex problems, whilst being motivated to overcome challenges within sport and exercise science.
6. Select and execute appropriate, laboratory or field tests which supports, or is proactive in leadership requiring a level of autonomy.
7. Review and competently carry out risk assessment or appropriate emergency care in accordance with legislation and professional codes of conduct, with an ability to demonstrate compassion and empathy naturally.
8. Work effectively within a team and demonstrate organisational skills in laboratory and field-based settings.

Teaching/learning methods
Students learn skills through on campus teaching, discussions, formative assessment, peer-review of seminar presentations, debates and directed reading.
Students learn practical skills through attending laboratory classes, formative assessment, skills sessions and work experience and engaging with key concept videos.

Assessment methods
Students' skills are assessed by

(a) Formative assessment.
Formative assessment will be used to identify learning gaps throughout the module to close academic gaps and promote student success. This will include students assessing themselves, peers and academics through their writing, quizzes, practical's, presentations and oral discussion. All formative assessment will occur during planned sessions and varied to depending on the content learning objectives of the lesson.

(b) Summative assessment
Student practical skills are assessed by practical vivas, laboratory reports, presentations and professional portfolios.

12. Programme structure (levels, modules, credits and progression requirements)

12.1 Structure of the programme

An undergraduate BSc (Hons) Sport & Exercise Science degree is comprised of 360 credits of learning. In each year you will take 120 credits (P/T 60 credits) of learning and this will enable you to complete your award as a full-time student in 3 years. Modules are delivered as 30 credits. Two 30 credit modules are studied for 12 weeks in semester 1, and two 30 credit modules are studied for 12 weeks in semester 2.

Part-time study at each level is permitted (except foundation year), and the selection of modules will be chosen by the programme leader in consultation with the student at the start of the academic year, totaling 60 credits per year.

A sandwich year can be completed by students between years 2 and 3, which consists of a year-long placement, and achieves a Diploma in Employability Studies on successful completion. Students must confirm their wish to include 120 credits of placement (as 'sandwich') in their programme by January of their Intermediate/Diploma stage. Please contact your programme leader for further details.
Please refer to the programme specification for the Foundation Year for the modules to be taken during the foundation year of the BSc (Hons) Sport and Exercise Science with Foundation Year programme.

Full-Time Structure: BSc (Hons) Sport and Exercise Science

Year 1
Semester 1 (Sept-Dec)
SES1521: Academic Skills (30 Credits)
SES1522: Athletic Training & Conditioning (30 Credits)

Semester 2 (Jan-Apr)
SES1523: Sport Science Fundamentals (30 Credits)
SES1524: Principles of Performance Analysis & Coaching (30 Credits)

Year 2
Semester 1 (Sept-Dec)
SES2512: Sport Analytics & Psychology (30 Credits)
SES2513: Physiology & Biomechanics (30 Credits)

Semester 2 (Jan-Apr)
SES2514: Research Methods (30 Credits)
SES2515: Specialist Environments (30 Credits)

SES3400 Sandwich Year (Optional)

Year 3
Semester 1 (Sept-Dec)
SES3508: Integrative Physiology & Biomechanics (30 Credits)
SES3509: Human Performance (30 Credits)

Semester 2 (Jan-Apr)
SES3512: Work-Based Practice & Employability (30 Credits)
SES3510: Dissertation (30 Credits)

Part-Time Structure: BSc (Hons) Sport and Exercise Science

Year 1
Semester 1 (Sept-Dec)
SES1521: Academic Skills (30 Credits)

Semester 2 (Jan-Apr)
SES1523: Sport Science Fundamentals (30 Credits)

Year 2
Semester 1 (Sept-Dec)
SES1522: Athletic Training & Conditioning (30 Credits)

Semester 2 (Jan-Apr)
SES1524: Principles of Performance Analysis & Coaching (30 Credits)

Year 3
Semester 1 (Sept-Dec)
SES2512: Sport Analytics & Psychology (30 Credits)

Semester 2 (Jan-Apr)
SES2514: Research Methods (30 Credits)

Year 4
Semester 1 (Sept-Dec)
SES2513: Physiology & Biomechanics (30 Credits)

Semester 2 (Jan-Apr)
SES2515: Specialist Environments (30 Credits)

SES3400 Sandwich Year (Optional)

Year 5
Semester 1 (Sept-Dec)
SES3508: Integrative Physiology & Biomechanics (30 Credits)

Semester 2 (Jan-Apr)
SES3512: Work-Based Practice & Employability (30 Credits)

Year 6
Semester 1 (Sept-Dec)
SES3509: Human Performance (30 Credits)

Semester 2 (Jan-Apr)
SES3510: Dissertation (30 Credits)

12.2 Levels and modules

Level 4

Compulsory

Students must take all of the following:

SES1521 Academic Skills
(30 Credits)
SES1522 Athletic Training and Conditioning
(30 Credits)
SES1523 Sport Science Fundamentals
(30 Credits)
SES1524 Principles of Performance Analysis and Coaching
(30 Credits)

Optional
There are no optional modules

Progression requirements
Students must pass at least 90 credits to progress to level 5.
To achieve Honours, failed credit will need to be repeated.

Level 5

Compulsory
Students must take all of the following:

SES2512 Sport Analytics & Psychology
(30 Credits)
SES2513 Physiology & Biomechanics
(30 Credits)
SES2514 Research Methods
(30 Credits)
SES2515 Specialist Environments
(30 Credits)

Optional
There are no optional modules

Progression requirements

Students must pass at least 210 credits to progress to level 6, including research methods module as a pre-requisite for dissertation module.
To achieve Honours, failed credit will need to be repeated.

Level 6

Compulsory

Students must take all of the following:

SES3508 Integrative Physiology & Biomechanics
(30 Credits)
SES3512 Work Based Practice & Employability
(30 Credits)
SES3510 Dissertation
(30 Credits)
SES3509 Human Performance
(30 Credits)

Optional

There are no optional modules

12.3 Non-compensatable modules

Module level: Level 6

Module code SES3510 - Dissertation

13. Information about assessment regulations

This programme will run in line with general University Regulations: https://www.mdx.ac.uk/about-us/policies/

Students with three weeks consecutive non-attendance may be withdrawn

14. Placement opportunities, requirements and support (if applicable)

There is a compulsory placement module in academic year 3, where students will be expected to seek short-term up to 50 hours of work experience in suitable programme environments. This should be supervised and adhering to the QAA quality assurance

processes. Students will have the opportunity to take an optional sandwich year between academic year 2 and 3 of study. Students will be able to achieve a Diploma in Employability Studies.

15. Future careers / progression

This degree is broad in scope, allowing students to study the full potential of sports and exercise sciences, and gain an expert knowledge and understanding of scientific methods from sports psychology to the study of the human form. Students completing this programme will graduate with the essential skills and knowledge to thrive in the sport and exercise industry and be well-prepared to enter a broad range of careers working with athletes to support their development or helping people at all levels of fitness to stay healthy.

This programme will support all students wishing to participate in a career of, Sport Science, Dietician, Fitness Instructor / Personal Trainer, GP Referral Exercise Consultant, Health Promotion Specialist, Lecturer in Higher Education, Performance Analyst, Physical Activity Development Manager, Sport and Exercise Psychologist, Sports Development Officer, Strength and Conditioning Coach, Teacher.

16. Particular support for learning

Students will be taught in world class facilities at Stone X stadium. This includes using specialist sport science equipment and being exposed to a variety of specialised sport science environments.

Students can access the University student support services as follows: Money and Welfare Advice, Childcare, Employability Service, Counselling, Disability Support Unit, the Learning Enhancement Team and Dyslexia/Specific Learning Difficulties tutorial support if eligible. The University has specialist staff that can also help students with literacy and numeracy tasks such as data analysis software and structuring assignments.
Students will also have access to the University's student portal. This portal will enable students to access their student record on the University's central student management system, e-learning materials, a University email account and University library resources.

17. HECos code(s) Sport and Exercise Sciences 100433

18. Relevant QAA subject benchmark(s) Events, Hospitality, Leisure, Sport and Tourism (2019)

19. Reference points
British Association of Sport and Exercise Sciences: Undergraduate Endorsement Scheme.

Internal documents:

- LQEH Guidance 3xii - Programme Leader Guidance
- LQEH Guidance 3xiii - Writing a programme specification
- LQEH Guidance 3xv - Graduate Attributes
- LQEH Guidance 3xvi - Ethics in the curriculum
- LQEH Guidance 3xviii - Writing a module narrative
- 2031 Learning Framework Principles

External Documents:

- QAA Subject Benchmark Statement – Events, Hospitality, Leisure, Sport & Tourism. (2019)
- SEEC Credit Level Descriptors (2016)
- Office for Students. (2018). Securing Student Success.
- ASET Good Practice Guide for Work based & Placement Learning in Higher Education.

20. Other information

The following course-related costs (partially funded by the London Sport Institute) are not included in the fees, and you are required to purchase these to complete the course.

The costs are approximate and may change due to changes in pricing at the retailer:-

First Aid training ~ (£40)
Sport Institute Sports Kit (~£80)

If you would like to undertake additional qualifications (such as fitness instructing and personal training), there will be added costs associated. This is not a compulsory component but does link to graduate skills.

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if they take full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

21. Curriculum map for BSc Sport and Exercise Science

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

Programme learning outcomes

Knowledge and understanding

A1 The principles of sport and exercise science.

A2 Sport and exercise science and its inter-relationship with other fields of study.

A3 Applied sport and exercise science current topics, with particular emphasis in specialist areas.

A4 The significance of sport and exercise science and its relationship to professional codes of practice.

A5 An evidence based approach to deal with the complexities of sport and exercise science.

A6 Career opportunities specific to their chosen programme.

A7 Applying autonomous and reflective approach to lifelong learning.

Skills

B1 Identify, select and use analytic and evaluative skills that address issues influencing sport and science.

B2 Prioritise a range of options and select appropriate communication formats to convey solutions.

B3 Apply sport and exercise science knowledge in unfamiliar contexts, synthesising ideas or novel solutions.

B4 Critically evaluate the results of an academic investigation and be able to extract data using a range of techniques appropriate to their chosen fields.

B5 Demonstrate confidence and flexibility in identifying and defining complex problems, whilst being motivated to overcome challenges within sport and exercise science.

B6 Select and execute appropriate, laboratory or field tests which supports, or is proactive in leadership requiring a level of autonomy.

B7 Review and competently carry out risk assessment or appropriate emergency care in accordance with legislation and professional codes of conduct, with an ability to demonstrate compassion and empathy naturally.

B8 Work effectively within a team and demonstrate organisational skills in laboratory and field based settings.

B9 Seek and apply new techniques and processes to own performance and identify how these might be evaluated.

Programme outcomes: A1 A2 A3 A4 A5 A6 A7 B1 B2 B3 B4 B5 B6 B7 B8 B9

Highest level achieved by all graduates: 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6

Module Title	Module Code by Level	A1	A2	A3	A4	A5	A6	A7	B1	B2	B3	B4	B5	B6	B7	B8	B9
Academic Skills	SES1521		x		x	x		x	x	x	x		x	x			x
Athletic Training and Conditioning	SES1522		x	x						x	x						
Sport Science Fundamentals	SES1523	x		x		x										x	x
Principles of Performance Analysis and Coaching	SES1524		x	x					x	x				x			x
Sport Analytics and Psychology	SES2512	x	x	x	x				x	x							x
Physiology & Biomechanics	SES2513	x				x						x		x			
Research Methods	SES2514			x		x		x		x	x						x
Specialist Environments	SES2515		x		x		x						x		x		x
Integrative Physiology and Biomechanics	SES3508	x		x									x			x	
Human Performance	SES3509		x	x	x				x					x			
Dissertation	SES3510					x	x	x		x			x	x	x		
Work Based Practice & Employability	SES3512	x			x		x	x	x		x	x				x	x