**Programme Specification**

|  |
| --- |
| **Please note:** This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if he/she passes the programme. More detailed information on the learning outcomes, content and teaching, learning and assessment methods of each module can be found in the programme handbook. The accuracy of the information contained in this specification is reviewed by the University and may be checked by the Quality Assurance Agency for Higher Education. |

|  |
| --- |
| **BSc (Hons) Sport and Exercise for Health****BSc (Hons) Sport and Exercise for Health with a Year in Industry**  |

|  |  |
| --- | --- |
| 1. **Awarding Institution/Body**
 | University of Kent |
| 1. **Teaching Institution**
 | University of Kent |
| 1. **School responsible for management of the programme**
 | School of Sport and Exercise Sciences |
| 1. **Teaching Site**
 | Medway |
| 1. **Mode of Delivery**
 | Full-timePart-time |
| 1. **Programme accredited by**
 |  |
| 1. **a) Final Award**
 | BSc (Hons)  |
| 7. **b) Alternative Exit Awards**  | BSc (non Hons) Sport and Exercise for Health;BSc (non Hons) Sport and Exercise for Health with a Year in Industry;Diploma in Sport and Exercise for Health; Diploma in Sport and Exercise for Health with a Year in Industry;Certificate in Sport and Exercise for Health |
| 1. **Programme**
 | Sport and Exercise for HealthSport and Exercise for Health with a Year in Industry |
| 1. **UCAS Code (or other code)**
 | C604 |
| 1. **Credits/ECTS Value**
 | 360 credits(180 ECTS) for 3 year programme; 480 credits (240 ECTS) for 4 year programme that includes a year in industry |
| 1. **Study Level**
 | Undergraduate (Level 6) |
| 1. **Relevant QAA subject benchmarking group(s)**
 | Events, Hospitality, Leisure, Sport and Tourism (2016) |
| 1. **Date of creation/revision**
 | 2011/2014/revised FSO Feb 2018/May 2018 |
| 1. **Intended Start Date of Delivery of this Programme**
 | September 2018 |

|  |
| --- |
| 1. **Educational Aims of the Programme**

The programme aims to: |
| * Provide a multidisciplinary and flexible educational approach for students who seek professional careers within the field of sport, exercise and health.
* Prepare students to meet the challenges of an expanding and rapidly changing sports, exercise and health industry while providing them with a wide choice of career paths, or further study.
* Enable students to acquire skills, knowledge and aptitudes to promote sport, health and exercise to an individual or group of participants with a multidisciplinary approach.
* Encourage students to gain a critical knowledge and understanding of the sport, exercise & health sciences.
* Presenting a challenging and valuable educational experience, supported by scholarship and a research culture thus providing students with the opportunity to learn through the integration of theory and practice.
* Provide an excellent quality of higher education.
* Meet the lifelong needs of a diversity of students.
* Support national and regional economic success.
* Build on close ties within Europe and elsewhere, reflecting Kent’s position as the UK European University.
* Provide high quality teaching in supportive environments with appropriately qualified and trained staff.

The Year in Industry additionally aims to:* Provide relevant and beneficial work experience.
* Provide an opportunity to develop knowledge, understanding and skills relevant to sport, exercise, physical activity and health within the workplace.
 |

|  |
| --- |
| **16 Programme Outcomes**The programme provides opportunities for students to develop and demonstrate knowledge and understanding, qualities, skills and other attributes in the following areas. The programme outcomes have references to the subject benchmarking statement for Events, Hospitality, Leisure, Sport and Tourism (2016) (SB). |

**A. Knowledge and Understanding of:**

1. Anatomical and physiological principles related to sports and exercise. (SB 3.20, 6.17, 6.18)
2. Critically understand the human response to exercise. (SB 3.20, , 6.17, 6.18, 6.19)
3. Theoretical basis of qualitative and/or quantitative research. (SB 5.2)
4. Nutrition to promote health and performance in sport and exercise. (SB 6.17, 6.18, 6.19)
5. Evaluate physical capacity and exercise training programmes. (SB 6.16, 6.17, 6.18, 6.19)
6. The nature of a psychological approach in relation to sport and exercise. (SB 3.20, 6.17, 6.18, 6.19)
7. Exercise prescription for a range of population groups to promote health and disease management. (SB 3.20, 6.17, 6.18, 6.19, 6.20, 6.21)
8. Social processes which influence individual and group behaviour and participation/ performance in sport, exercise and physical activity. (SB 3.20, , 6.16, 6.19, 6.20)

Outcome specific to the Year in Industry programme:

1. Aspects of the core subject areas from the perspective of the workplace.

**Skills and Other Attributes**

**B. Intellectual Skills:**

1. Effectively apply the skills needed for academic study including critical evaluation. (SB 5.2)
2. Plan, design, execute and communicate a sustained piece of independent intellectual work which provides evidence of critical engagement with, and interpretation of, appropriate data. (SB 5.2)
3. Apply knowledge to the solution of familiar and unfamiliar problems, either independently or with others, in order to develop reasoned arguments and challenge assumptions. (SB 5.2)
4. Self-appraise and reflect on practice. (SB 5.2)
5. Recognise and respond to moral, legal, ethical and safety issues which directly pertain to the context of study. (SB 5.2, 6.19)

Outcome specific to the Year in Industry programme:

1. Utilise the intellectual skills specified for the programme from the perspective of the workplace.

**C. Subject-specific Skills:**

1. Relate the concepts of anatomy, physiology and metabolism to the body’s response to exercise. (SB 3.20, 6.17, 6.18, 6.19)
2. Practical skills in physiological assessment and interpretation of data obtained from fitness testing in a range of environments. (SB 3.20, 6.17, 6.18, 6.19)
3. Develop an ability to appraise and evaluate the effects of sport, exercise and health interventions on participants and special populations. (SB 3.20, 6.16, 6.17, 6.18, 6.19)
4. Analyse closely, interpret and show critical judgement in the understanding and evaluation of the sport, exercise and health sciences. (SB 5.2, 6.16, 6.17, 6.18, 6.19, 6.20), 6.21
5. Outcome specific to the Year in Industry programme:Application of the subject-specific skills specified for the programme from the perspective of the workplace.

**D. Transferable Skills:**

1. Communication, presentation, numeracy and ITC skills. (SB 5.2)
2. Interactive and group work skills. (SB 4.5, 5.2)
3. Problem solving skills. (SB 5.2)
4. Ability to self-appraise and reflect on practice. (SB 5.2)
5. Ability to plan and manage learning skills. (SB 5.2)

Outcome specific to the Year in Industry programme:

1. Utilise transferrable skills specified for the programme in the workplace.

**Teaching/learning and assessment methods and strategies used to enable the programme learning outcomes to be achieved and demonstrated**

Modes of delivery will include traditional lectures, tutor-led seminars, student-led seminars, clinical sports therapy sessions, experiential learning, tutorials, visits, visiting speakers, self-directed learning and research, problem-based learning scenarios, computing workshops, practical activities.

Students will be required to support formal classes with reading and personal involvement in sports and exercise activities/events of their choice.

Transferable skills are embedded in the module teaching and learning. Study skills sessions are introduced within the induction programme. Group activities and assessments receive feedback relating to interactive and group skills. Problem solving and planning skills are integrated within a number of modules.

Regular assessments and examinations provide valuable feedback in the learning process. A number of the practice-based modules will be assessed using a combination of coursework assessment and observations. Other methods of module assessment include presentations, reports, essays, laboratory reports, case studies and time constrained exercises, portfolio for year in industry (when taken).

Year in Industry: supervisor evaluation, portfolio.

Examinations will be at the end of the academic year in which that module is completed.

|  |
| --- |
| For more information on the skills developed by individual modules and on the specific learning outcomes associated with any Certificate, Diploma or BSc non-honours awards relating to this programme of study, see the module mapping table, located at the end of this specification.  |

|  |
| --- |
| **17 Programme Structures and Requirements, Levels, Modules, Credits and Awards**The BSc (Hons) in Sport and Exercise for Health is studied over three years full-time or six years part-time. The programme is divided into three stages, each stage comprising modules to a total of 120 credits. Students must successfully complete each module in order to be awarded the specified number of credits for that module. One credit corresponds to approximately ten hours of 'learning time' (including all classes and all private study and research). Thus obtaining 120 credits in an academic year requires 1,200 hours of overall learning time. For further information on modules and credits refer to the Credit Framework at <http://www.kent.ac.uk/teaching/qa/credit-framework/creditinfo.html> Each module and programme is designed to be at a specific level. For the descriptors of each of these levels, refer to Annex 2 of the Credit Framework at <http://www.kent.ac.uk/teaching/qa/credit-framework/creditinfoannex2.html>. To be eligible for the award of an honours degree students must obtain 360 credits, at least 210 of which must be at Level 5 or above, including at least 90 credits at level 6 or above at Stage 3.Students successfully completing Stage 1 of the programme and meeting credit framework requirements who do not successfully complete Stage 2 will be eligible for the award of the Certificate in Sport and Exercise for Health. Students successfully completing Stage 1 and Stage 2 of the programme and meeting Credit Framework requirements who do not successfully complete Stage 3 will be eligible for the award of the Diploma in Sport and Exercise for Health. Students successfully completing Stage 2 of the programme and achieving 300 credits overall including at least 60 credits at level 6 or above in Stage 3 and meeting Credit Framework requirements will be eligible for the award of a BSc non-honours degree.For further information refer to the Credit Framework at <https://www.kent.ac.uk/teaching/qa/credit-framework/creditinfo.html#exit-awards>. Compulsory modules are core to the programme and must be taken by all students studying the programme. Optional modules provide a choice of subject areas, from which students will select a stated number of modules. Where a student fails a module(s) due to illness or other mitigating circumstances, such failure may be condoned, subject to the requirements of the Credit Framework and provided that the student has achieved the **programme** learning outcomes. For further information refer to the Credit Framework at <http://www.kent.ac.uk/teaching/qa/credit-framework/creditinfo.html>. Where a student fails a module(s), but has marks for such modules within 10 percentage points of the pass mark, the Board of Examiners may nevertheless award the credits for the module(s), subject to the requirements of the Credit Framework and provided that the student has achieved the **programme** learning outcomes. For further information refer to the Credit Framework. **Modules which cannot be compensated/condoned:**SS313 ‘Introduction to Sport and Exercise Nutrition’, as it is the only module that meets learning outcome A4.SS566 ‘Research Study in Sport Sciences’ as it is 45 credits and, therefore, exceeds the credit value permissible by the Credit Framework to be compensated and/or condoned.**Pre-requisite module:**SS347 ‘Sports Massage’ is a pre-requisite module for SS558 ‘Soft Tissue Techniques’.The BSc (Hons) in Sport and Exercise for Health with a Year in Industry is as above, but is studied over 4 years full-time, with the third year spent on an industrial placement. The placement year comprises 120 credits and students must achieve 480 credits overall to qualify for this version of the award. Students successfully completing Stage 2 and also the placement year and meeting credit framework requirements will be eligible for the award of the Diploma with a Year in Industry.In addition to the modules noted above as not being compensatable or condonable, the following modules cannot be condoned, compensated for the Year in Industry programme. Please note SPORXXXX Industrial Placement Experience can be taken only once. There will be no facility for a resit or a repeat opportunity. Failure in these modules will result in the student reverting to the equivalent single honours non-Year in Industry programme.SPORXXXX Industrial Placement ExperienceSPORXXXX Industrial Placement Portfolio |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **KV Code** | **Code** | **Title** | **Level** | **Credits** | **Term(s)** |
| **Stage 1** |
| **Compulsory Modules** |
| SPOR3450 | SS345 | Functional Anatomy and Biomechanics | 4 | 30  | Autumn & Spring |
| SPOR3440 | SS344 | Introduction to Sport and Exercise Psychology | 4 | 15 | Autumn &/or Spring |
| SPOR3380 | SS338 | Fundamentals of Human Anatomy and Physiology | 4 | 30 | Autumn & Spring |
| SPOR3480 | SS348 | Introduction to Fitness Testing | 4 | 15 | Autumn &/or Spring |
| SPOR3130 | SS313 | Introduction to Sport and Exercise Nutrition | 4 | 15 | Autumn &/or Spring |
| SPOR3490 | SS349 | Introduction to Professional Skills | 4 | 15 | Autumn &/or Spring |
| **Stage 2** |
| **Compulsory Modules** |
| SPOR5750 | SS575 | Research Methods | 5 | 15 | Autumn & Spring |
| SPOR5730 | SS573 | Research Study Preparation | 5 | 15 | Autumn &/or Spring |
| SPOR5700 | SS570 | Fitness Training Methods | 5 | 15 | Autumn &/or Spring |
| SPOR5670 | SS567 | Sport and Exercise Promotion | 5 | 30 | Autumn & Spring |
| **Optional Modules** Students must select a total of 45 credits from a list of optional modules offered by the School. |
| **Stage S (4 year programme only)** |
| **Compulsory Modules**  |
| SPORXXXX | SSXXX | Industrial Placement Portfolio | 6 | 30 | All year |
| SPORXXXX | SSXXX | Industrial Placement Experience | 6 | 90 | All year |
| **Stage 3** |
| **Compulsory Modules** |
| SPOR5660 | SS566 | Research Study in Sport Science | 6 | 45 | Autumn & Spring |
| SPOR5230 | SS523 | Exercise Prescription, Referral and Rehabilitation | 6 | 30 | Autumn & Spring |
| **Optional Modules** Students must select a total of 45 credits from a list of optional modules offered by the School. |

|  |
| --- |
| **18 Work-Based Learning** |
| Where disabled students are due to undertake a work placement as part of this programme of study, a representative of the University will meet with the work placement provider in advance to ensure the provision of anticipatory and reasonable adjustments in line with legal requirements. |
| There are no compulsory elements of work-based learning on this programme. However, students are encouraged to acquire work experience/work placement/voluntary opportunities to develop their employability skills and consolidate their knowledge. |
| The BSc (Hons) in Sport and Exercise for Health with a Year in Industry has the same structure as the BSc (Hons) in Sport and Exercise for Health with the addition of the work-based learning (WBL) placement year between Stage 2 and the final Stage, represented by the modules SPORXXXX Industrial Placement Experience and SPORXXXX Industrial Placement Portfolio. For the purposes of honours classification SPORXXXX Industrial Placement Experience is assessed on a pass/fail basis. The remaining module, SPORXXXX Industrial Placement Portfolio , provides a mark for the year in industry Stage S, which is weighted 10%, Stage 2 has weight 35% and the final year 55WBL placements can take place anywhere in the world, although the vast majority take place in the UK. The onus is on students to secure WBL placements, however SSES and the University Careers Service provide support to facilitate this. The WBL is assessed as specified in the module specification for SPORXXXX. The University, with reference to the employer’s evaluation, determines whether the student has passed SPORXXXX.During the placement, a member of the module team provides ongoing support and advice, including telephone updates, and generally, for placements in the UK, at least one on-site visit. |

|  |
| --- |
| **19 Support for Students and their Learning** |
| * School and University induction programme
* Programme/module handbooks
* Library services <http://www.kent.ac.uk/library/>
* Student Support <http://www.kent.ac.uk/studentsupport/>
* Student Wellbeing [www.kent.ac.uk/studentwellbeing/](http://www.kent.ac.uk/studentwellbeing/)
* Centre for English and World Languages <http://www.kent.ac.uk/cewl/index.html>
* Student Learning Advisory Service <http://www.kent.ac.uk/uelt/about/slas.html>
* PASS system <https://www.kent.ac.uk/teaching/qa/codes/taught/annexg.html>
* Academic Adviser system <https://www.kent.ac.uk/teaching/advisers/index.html>
* Kent Union [www.kentunion.co.uk/](http://www.kentunion.co.uk/)
* Careers and Employability Services [www.kent.ac.uk/ces/](http://www.kent.ac.uk/ces/)
* Counselling Service https://www.kent.ac.uk/studentwellbeing/counselling/
* Information Services (computing and library services) [www.kent.ac.uk/is/](http://www.kent.ac.uk/is/)
* Undergraduate student representation at School, Faculty and Institutional levels
* International Recruitment Office <https://www.kent.ac.uk/internationalstudent/>; International Partnerships Office <https://www.kent.ac.uk/global/partnerships/>
* Medical Centre <https://www.kent.ac.uk/studentwellbeing/medicalcentre.html>
 |

|  |
| --- |
| **20 Entry Profile**The minimum age to study a degree programme at the university is normally at least 17 years old by 20 September in the year the programme begins. There is no upper age limit. |
| 20.1 **Entry Route**For current information, please refer to the University prospectus |
| A level - BBB including grade B in an appropriate subject (e.g. Biology, Physics, Chemistry, Sport, Physical Education, Mathematics, Applied Science)GCSE - Mathematics grade CAccess to HE Diploma - assessed on an individual basis. If we make you an offer, you will need to obtain/ pass the overall Access to Higher Education Diploma and may also be required to obtain a proportion of the total level 3 credits and/or credits in particular subjects at merit grade or above.BTEC Level 3 Extended Diploma (formerly BTEC National Diploma) - 18 units at Distinction, Distinction, Merit plus GCSE Mathematics grade CInternational Baccalaureate - 34 points overall or 15 points at HL including Biology/Chemistry/Physics/ Mathematics/Sport, Exercise and Health Science 5 at HL or 6 at SL and Mathematics 4 at HL or SLInternational students - The University welcomes applications from international students. Our international recruitment team can guide you on entry requirements. See our International Student website for further information about entry requirements for your country.If you need to increase your level of qualification ready for undergraduate study, we offer a number of International Foundation Programmes. |
| 20.2 **What does this programme have to offer?** |
| * An excellent grounding in both the academic and practical aspects of a wide range of sport and exercise for health subjects.
* The opportunity for applied learning within a range of environments to include: working with sports performers and teams, leisure centres, fitness centres, NHS and other health promotion agencies and wellness centres.
* The opportunity to plan, design and execute practical activities.
* Flexibility to transfer from full-time to part-time study or vice versa, as personal/employment circumstances may dictate.
* The opportunity to conduct an in-depth study of a relevant topic, thereby enabling the student to gain insight into a potential area for career development or further academic study.
* Graduates of this programme may sit the American College of Sports Medicine’s Health Fitness Certification exam for a reduced fee.
* For the programme with a year in industry, the opportunity to spend a year on a relevant placement.
 |
| 20.3 **Personal Profile** |
| * A genuine interest, possibly gained as a result of experience in full-time or part-time employment in the sport, exercise and fitness and/or health industry.
* Will welcome the opportunity to develop their knowledge and skills by working with others.
* Are motivated to work hard in order to achieve their personal, academic and developmental goals.
* Prepared to be actively involved in a range of academic and practical subjects.
 |

|  |
| --- |
| 21 **Methods for Evaluating and Enhancing the Quality and Standards of Teaching and Learning** |
| 21.1 **Mechanisms for review and evaluation of teaching, learning, assessment, the curriculum and outcome standards** |
| * Student module evaluations
* Annual programme and module monitoring reports <http://www.kent.ac.uk/teaching/qa/codes/taught/annexe.html>
* External Examiners system <http://www.kent.ac.uk/teaching/qa/codes/taught/annexk.html>
* Periodic programme review <http://www.kent.ac.uk/teaching/qa/codes/taught/annexf.html>
* Annual staff appraisal
* Peer observation
* Quality Assurance Framework <http://www.kent.ac.uk/teaching/qa/codes/index.html>
* QAA Higher Education Review <http://www.qaa.ac.uk/InstitutionReports/types-of-review/higher-education-review/Pages/default.aspx>
 |
| 21.2 **Committees with responsibility for monitoring and evaluating quality and standards** |
| * Staff-Student Liaison Committee
* School Education Committee
* Faculty Education Committee
* Faculty Board
* Education Board
* Board of Examiners
 |
| 21.3 **Mechanisms for gaining student feedback on the quality of teaching and their learning experience** |
| * Student module evaluations
* Staff-Student Liaison Committee
* Student rep system (School, Faculty and Institutional level)
* Annual NSS
 |
| 21.4 **Staff Development priorities include:** |
| * PGCHE requirements
* HEA (associate) fellowship membership
* Annual appraisals
* Institutional Level Staff Development Programme
* Academic Practice Provision (PGCHE, other development opportunities)
* Professional body membership and requirements
* Programme team meetings
* Research seminars
* Conferences
* Study leave
* Equality, Diversity and Inclusivity (EDI) awareness
 |

|  |
| --- |
| 22 **Indicators of Quality and Standards** |
| * Results of periodic programme review (last review 2015)
* QAA Higher Education Review 2015
* Annual External Examiner reports
* Annual programme and module monitoring reports
* American College of Sports Medicine
 |
| 22.1 **The following reference points were used in creating these specifications:** |
| * QAA UK Quality Code for Higher Education <http://www.qaa.ac.uk/assuring-standards-and-quality>
* QAA Benchmarking statement for Events, Hospitality, Leisure, Sport and Tourism
* American College of Sports Medicine
* School and Faculty plan
* University Plan <https://www.kent.ac.uk/about/plan/> and Learning and Teaching Strategies <https://www.kent.ac.uk/uelt/strategies/lta.html>
* Staff research activities
* Kent Inclusive Practices (<https://www.kent.ac.uk/studentsupport/accessibility/inclusive-practice.html>)
 |

|  |
| --- |
| 23 **Inclusive Programme Design**  |
| The School recognises and has embedded the expectations of current equality legislation, by ensuring that the programme is as accessible as possible by design. Additional alternative arrangements for students with Inclusive Learning Plans (ILPs)/declared disabilities will be made on an individual basis, in consultation with the relevant policies and support services. |

**Module mapping BSc (Hons) Sport and Exercise for Health**

|  | **Stage 1** | **Stage 2** | **Stage S** | **Stage 3** |
| --- | --- | --- | --- | --- |
|  | **SPOR3450 Functional Anatomy & Biomechanics**  | **SPOR3440Introduction to Sport & Exercise Psychology****✓** | **SPOR3380 Fundamentals of Human Anatomy & Physiology** | **SPOR3480 Introduction to Fitness Testing**  | **SPOR3130 Introduction to Sport & Exercise Nutrition** | **SPOR3490 Introduction to Professional Skills** | **SPOR5700 Fitness Training Methods** | **SPOR5670 Sport & Exercise Promotion** | **SPOR5730 Research Study Preparation** | **SPOR5750 Research Methods** | **SPORXXXX Industrial Placement Portfolio** | **SPORXXXX Industrial Placement Experience** | **SPOR5230 Exercise Prescription, Referral & Rehabilitation** | **SPOR5660 Research Study in Sport Sciences** |
|  |  |  |
| A1 Anatomical and physiological principles related to sports and exercise | ✓ |  | ✓ | ✓ | ✓ |  | ✓ |  |  |  |  |  | ✓ |  |
| A2 Critically understand the human response to exercise.  | ✓ | ✓ | ✓ | ✓ | ✓ |  | ✓ | ✓ |  |  |  |  | ✓ |  |
| A3 Theoretical basis of qualitative and/or quantitative research |  |  |  |  |  | ✓ |  |  | ✓ | ✓ |  |  |  | ✓ |
| A4 Nutrition to promote health and performance in sport and exercise |  |  |  |  | ✓ |  |  |  |  |  |  |  |  |  |
| A4 Evaluate physical capacity and exercise training programmes |  |  | ✓ | ✓ |  |  | ✓ | ✓ |  |  |  |  | ✓ |  |
| A6 The nature of a psychological approach in relation to sport & exercise |  | ✓ |  |  |  |  |  | ✓ |  |  |  |  | ✓ |  |
| A7 Exercise prescription for a range of population groups to promote health & disease management |  |  |  |  |  |  | ✓ | ✓ |  |  |  |  | ✓ |  |
| A8 Social processes which influence individual and group behaviour and participation/performance in sport, exercise & physical activity  |  | ✓ |  |  |  |  |  | ✓ |  | ✓ |  |  | ✓ |  |
| A9 Aspects of the core subject areas from the perspective of the workplace |  |  |  |  |  |  |  |  |  |  | ✓ | ✓ |  |  |

|  | **Stage 1** | **Stage 2** | **Stage S** | **Stage 3** |
| --- | --- | --- | --- | --- |
|  | **SPOR3450 Functional Anatomy & Biomechanics**  | **SPOR3440 Introduction to Sport & Exercise Psychology****✓** | **SPOR3380 Fundamentals of Human Anatomy & Physiology** | **SPOR3480 Introduction to Fitness Testing**  | **SPOR3130 Introduction to Sport & Exercise Nutrition** | **SPOR3490 Introduction to Professional Skills** | **SPOR5700 Fitness Training Methods** | **SPOR5670 Sport & Exercise Promotion** | **SPOR5730 Research Study Preparation** | **SPOR 5750 Research Methods** | **SPORXXXX Industrial Placement Portfolio** | **SPORXXXX Industrial Placement Experience** | **SPOR5230 Exercise Prescription, Referral & Rehabilitation** | **SPOR5660 Research Study in Sport Sciences** |
|  |  | **B. Intellectual Skills**  |
| B1 Effectively apply the skills needed for academic study including critical evaluation | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |  |  | ✓ | ✓ |
| B2 Plan, design, execute, communicate a sustained piece of independent intellectual work which provides evidence of critical engagement with/interpretation of appropriate data |  |  |  |  |  |  |  |  | ✓ | ✓ |  |  |  | ✓ |
| B3 Apply knowledge to the solution of familiar and unfamiliar problems, either independently or with others, in order to develop reasoned arguments and challenge assumptions. | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |  |  | ✓ | ✓ |
| B4 Self-appraise and reflect on practice |  |  |  | ✓ |  | ✓ | ✓ | ✓ |  |  |  |  |  | ✓ |
| B5 Recognise and respond to moral, legal, ethical and safety issues which directly pertain to the context of study |  |  |  | ✓ |  | ✓ | ✓ |  | ✓ | ✓ |  |  |  | ✓ |
| 1. B6 Utilise the intellectual skills specified for the programme from the perspective of the workplace.
 |  |  |  |  |  |  |  |  |  |  | ✓ | ✓ |  |  |
|  |  | **C. Subject Specific Skills**  |
| C1 Relate the concepts of anatomy, physiology and metabolism to the body’s response to exercise.  | ✓ |  | ✓ | ✓ | ✓ |  | ✓ | ✓ |  |  |  |  | ✓ |  |
| C2 Practical skills in physiological assessment and interpretation of data obtained from fitness testing in a range of environments. |  |  |  | ✓ |  |  | ✓ |  |  |  |  |  | ✓ |  |
| C3 Develop an ability to appraise and evaluate the effects of sport, exercise and health interventions on participants and special populations |  |  |  | ✓ |  |  | ✓ | ✓ |  |  |  |  | ✓ |  |
| C4 Analyse closely, interpret and show critical judgement in the understanding and evaluation of the sport, exercise and health sciences.  |  | ✓ |  | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |  |  | ✓ | ✓ |
| 1. C5 Application of the subject-specific skills specified for the programme from the perspective of the workplace.
 |  |  |  |  |  |  |  |  |  |  | ✓ | ✓ |  |  |
|  | **Stage 1** | **Stage 2** | **Stage S** | **Stage 3** |
|  | **SPOR3450 Functional Anatomy & Biomechanics**  | **SPOR3440 Introduction to Sport & Exercise Psychology****✓** | **SPOR3380 Fundamentals of Human Anatomy & Physiology** | **SPOR3480 Introduction to Fitness Testing**  | **SPOR3130 Introduction to Sport & Exercise Nutrition** | **SPOR3490 Introduction to Professional Skills** | **SPOR5700 Fitness Training Methods** | **SPOR5670 Sport & Exercise Promotion** | **SPOR5730 Research Study Preparation** | **SPOR5750 Research Methods** | **SPORXXXX Industrial Placement Portfolio** | **SPORXXXX Industrial Placment Experience** | **SPOR5230 Exercise Prescription, Referral & Rehabilitation** | **SPOR5660 Research Study in Sport Sciences** |
|  |  | **D. Transferable Skills**  |
| D1 Communication, presentation, numeracy and ITS skills | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |  |  | ✓ | ✓ |
| D2 Interactive and group work skills |  | ✓ |  | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |  |  |  | ✓ | ✓ |
| D3 Problem solving skills. | ✓ | ✓ |  | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |  |  | ✓ | ✓ |
| D4 Ability to self-appraise and reflect on practice. |  |  |  | ✓ |  | ✓ | ✓ | ✓ |  |  |  |  |  | ✓ |
| D5 Ability to plan and manage learning skills.  | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |  |  | ✓ | ✓ |
| D6 Utilise transferrable skills specified for the programme in the workplace |  |  |  |  |  |  |  |  |  |  | ✓ | ✓ |  |  |