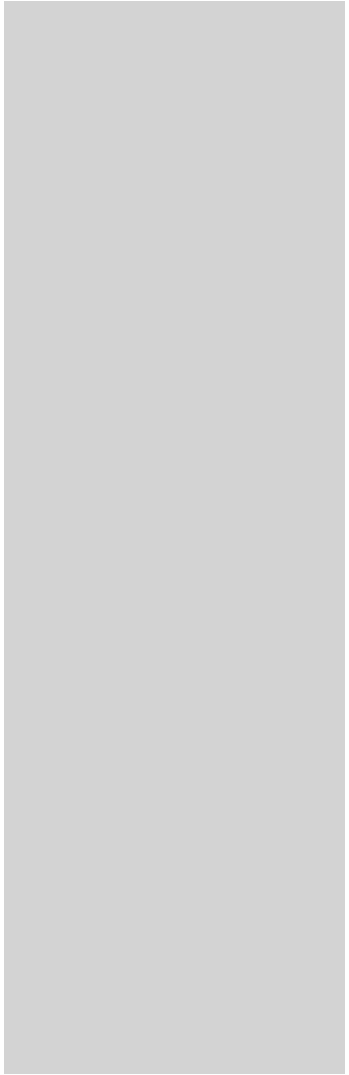




<b>Professional, Statutory or Regulatory Body (PSRB) accreditation or endorsement</b>	N/A
<b>HECoS code(s)</b>	100433
<b>UCAS Course Code</b>	C600

<b>Course Aims</b>	<p>The BSc (Hons) Sport and Exercise Science Course aims to develop comprehensive knowledge regarding the acute and chronic physiological, bio-mechanical and psychological response(s) and adaptation(s) to exercise, sport participation, physical activity and importantly the negative influence inactivity has on morbidity (disease) and mortality (death). The ability to understand, apply and utilise the ever evolving research literature and seminal sources to contextualise your comprehensive knowledge into practice is fundamental to the Course, as is avoiding anecdotal practice whilst communicating your knowledge effectively to diverse populations.</p> <ul style="list-style-type: none"> <li>• Specifically, the course aims to prepare you to:</li> <li>• Utilise this comprehensive knowledge within different contextual scenarios relevant to future careers/practice, including:</li> <li>• Analysing and augmenting exercise and occupational performance with appropriate tools</li> <li>• Analysing and augmenting exercise and occupational performance with appropriate tools and techniques</li> <li>• Understanding diseases that are influenced by physical (in)activity, and the therapeutic role exercise can exert within their pathophysiology or preventing their manifestation</li> <li>• Use this comprehensive knowledge to locate, critically evaluate, summarise, apply and communicate information</li> <li>• Collaborate effectively with peers and/or industry, adopting appropriate professional standards of conduct and behaviour to problem solve and communicate information</li> <li>• Take responsibility for your own continued learning and professional development, and understand the potential for enterprise within the interdisciplinary field of Sport and Exercise Science</li> <li>• Become a self-regulated learner, using an awareness of opportunities for careers or further study in the setting and monitoring of personal objectives.</li> </ul>
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## Teaching, learning and assessment strategies

The practical sessions provide opportunities to develop technical competence and skills. They also provide a context in which theoretical knowledge can be applied and reinforced. Practical sessions are often supported by seminar work. In general, lectures are used in most units to provide an overview of a topic. You will be expected to undertake considerable directed reading to assist your understanding of the lectures and to develop more comprehensive knowledge than can be provided through formal contact time alone. Follow-up work in the form of laboratories, practical sessions or discussion seminars, for example, will enable you to apply the theoretical work taught during lectures and gain a deeper understanding of its uses and contexts. Laboratory work and computer-based learning activities will provide you with opportunities to practise and develop research skills and techniques in preparation for conducting your own research and facilitate your understanding of research-based literature.

You will also examine case studies and have the opportunity to attend invited lectures from professionals in the field to learn from their expertise and reflect upon how your learning can be transferred into real life workplace settings. Learning will be supported through the use of appropriate visual aids, videos and through simulation exercises. Learning will be further enhanced by the use of e-learning, tutor support, peer support, practice based learning and by the use of a Virtual Learning Environment (VLE) known as BREO. Through BREO, you will have access to a range of materials and resources to help and support you in each of the units you study.

<b>Learning support</b>	The University's comprehensive student support service includes: Student Information Desk, a one-stop shop for any initial enquiries; Student Support team advising and supporting those with physical or learning needs or more general student well being; Study Hub team providing academic skills guidance; Personal Academic Tutoring system; a student managed Peer-Assisted Learning scheme; support from your lecturers
<b>Admissions Criteria</b>	<a href="https://www.beds.ac.uk/entryrequirements">https://www.beds.ac.uk/entryrequirements</a> <b>Approved Variations and Additions to Standard Admission</b> N/A
<b>Assessment Regulations</b>	<a href="https://www.beds.ac.uk/about-us/our-university/academic-information">https://www.beds.ac.uk/about-us/our-university/academic-information</a> <b>Note: Be aware that our regulations change every year</b> <b>Approved Variations and Additions to Standard Assessment Regulations</b> N/A

## **Section B: Course Structure**

The Units which make up the course are listed below. Each unit contributes to the achievement of the course learning outcomes either through teaching (T), general development of skills and knowledge (D) or in your assessments (A).

<b>Unit</b>	<b>Unit Name</b>	<b>Level Credits</b>
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SPO099-2	Quantitative Research Methods	5	15	Core	TD1 2	TD1 2	TD1 2	TD1 2	TD 12
SPO010-3	Applied Sport and Exercise Psychology	6	15	Option	TD				







SPO053-2	5	SEM 2	Core	CW-PO	12						
SPO095-2	5	SEM 2	Core	PJ-PRO	15						
SPO099-2	5	SEM 2	Core	IT-PT	13						
SPO010-3	6	SEM 1	Option	CW-CS	13						
SPO014-3	6	SEM 1	Option	CW-CS	6	CW-CS	13				
SPO033-3	6	SEM 1	Core	WR-LAB	8	PR-OR	13				
SPO013-3	6	SEM 2	Option	EX	15						
SPO015-3	6	SEM 2	Core	PR-OR	7	EX	15				
SPO025-3	6	SEM 2	Option	PR-OR	7	EX	15				
SPO051-3	6	TY	Option	CW-LR	11	PJ-DIS	25	PR-OR	29		
SPO057-3	6	TY	Option	PJ-DISS	25	PJ-DIS	25	PR-OR	29		
SPO084-3	6	TY	Option	PR-ORAL	15	CW-PO	28				

**BSSRSABF - BSc Sport and Exercise Science (with Professional Practice Year)**

Unit Code	Level	Period	Core/Option	Ass 1 Type code	Ass 1 Submit wk	Ass 2 Type code	Ass 2 Submit wk	Ass 3 Type code	Ass 3 Submit wk
SPO065-2	5	TY	Core	CW-PO	30				

CW-PO	Coursework - Portfolio
EX	Exam (Invigilated)
IT-PT	Summative in-class test or phase test
PJ-DIS	Coursework - Dissertation Report
PJ-PRO	Coursework - Project Report
PR-LAB	Practical - Laboratory Based
PR-OR	Practical - Oral Presentation
PR-OT	Practical - Other Skills Assessment
WR-LAB	Coursework - Laboratory Report

Faculty	Faculty of Education, English & Sport
School	School of Sport Science and Physical Activity
Head of School/Department	Andrew Mitchell
Course Coordinator	Jo Richards