

**External Reference
Points as applicable
including Subject
Benchmark**

Subject benchmark statements for hospitality, leisure, sport and tourism, 2019, may be found at:

<http://www.qaa.ac.uk/en/Publications/Documents/SBS-Events-Hospitality-Leisure-Sport-Tourism-19.pdf>

The degree meets bench-marking requirements for courses in 'Sport & Exercise Sciences' Joint Academic Coding C600-C690. As this course is orientated toward the scientific study of sport, benchmarks 6.17 - An honours graduate in Sport related programmes is able to understand and explain human responses to sport and exercise and 6.18 An honours graduate in Sport related programmes is able to understand and critically appraise the study of the performance of sport and its enhancement, monitoring and analysis, are particularly relevant.

The course has also been mapped to the FHEQ level 6.

Embedded Professional Benchmarks

In addition, the course maps to the National Occupational Standards (NOS) set by SkillsActive at Levels 2 and 3. The unit "Principles of Strength and Conditioning" (L4) maps to the NOS at Level 2, "Applied Strength and Conditioning" (L

Course Aims

The overall aim of the course is to provide an intellectually challenging multi and interdisciplinary programme of advanced study in Strength and Conditioning. This will enable students to acquire theoretical and conceptual frameworks and skills to degree level preparing them for careers in associated professions or further academic study in their chosen discipline. The proposed curriculum design seeks to create space for participants to apply their understanding of sport science and/or coaching to develop their experience. This will be achieved by including units explicitly devised to address the optimisation of performance. These units will require students to engage in independent analysis of performance and strategies to enhance and optimise performance. This analysis will be informed by the other units that are in common with the suite of courses held within the department. The vocational outcomes will include traditional employment opportunities associated with sports graduates. However, with a focus on performance enhancement, vocations such as sports coaching, strength and conditioning, sport science support, sports development and the exercise industry will offer clear routes for employment. Depending on the interests of students the course could provide opportunities to work towards United Kingdom Strength and Conditioning Association (UKSCA) accreditation.

Students will gain an increased understanding of their sporting environment by having opportunities to develop a critical, analytical, and reflective approach to their own experiences of training for sport. The course will allow students to gain Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) recognised professional qualifications, allowing students a licence to practice in the sport and exercise industry while they gain their academic qualification.

Upon successful completion of your course you should meet the appropriate learning outcomes for your award shown in the table below

Outcome	Award
1 Demonstrate a depth of knowledge across the broad thematic area of strength and conditioning, and be critically aware and deal confidently with complexity, gaps and contradictions in the current knowledge base	BSc (Hons) Strength & Conditioning (all routes)
2 Analyse new situations using a wide range of techniques appropriate to coaching in sport and exercise contexts	BSc (Hons) Strength & Conditioning (all routes)
3 Synthesise information and ideas and create responses to problems that expand or redefine existing knowledge or develop new approaches to changing situations	BSc (Hons) Strength & Conditioning (all routes)
4 Critically evaluate current research, advanced scholarship and associated methodologies and appropriately justify the work	

**Course Learning
Outcomes**

**Teaching, learning and
assessment strategies**

Learning and Teaching

A general approach across the levels will be as follows: level 4 will establish a base of theoretical knowledge for students. Consisting of the scientific foundations of thematic areas, including, psychology, physiology, biomechanics, research and strength and conditioning. At level 5 this underpinning knowledge base will start to be challenged with regard to critically reviewing different theoretical and practical models within the literature and starting to apply them to practical situations. In level 6 this critical appraisal of information will be advanced to solve practical problems and to see how best practice can be supported by and advanced through the critical understanding of scientific literature.

The course will move assessments from a controlled established scientific base through to a more autonomous and practical application of research to inform the practical skills associated with Strength and Conditioning as a career.

Section C: Assessment Plan

The course is assessed as follows :

BSSACABF- Strength & Conditioning

Unit Code	Level	Period	Core/Option	Ass 1 Type code	Ass 1 Submit wk	Ass 2 Type code	Ass 2 Submit wk
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SPO057-3	6	TY	Option	CW-LR	12	CW-PO	23	PR-OR	25
SPO062-3	6	TY	Core	CW-CS	20	PR-OT	24		

BSSCSABF- Strength & Conditioning (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	Ass 4 Type code	Ass 4 Submit wk
SPO065-2	5	TY	Core	CW-PORT	30						