

**City College Norwich  
Higher Education: Programme Summary Specification**

**This Summary Programme Specification sets out the essential features and characteristics of the BSc (Hons) Sport, Health & Exercise Science course.**

<b>Course Title</b>	<p><b>BSc (Hons) Sport, Health &amp; Exercise Science</b> (This is the Core Pathway) Additional</p> <p>available Award pathways:</p> <ul style="list-style-type: none"> <li>• BSc (Hons) Sport, Health &amp; Exercise Science (Coaching &amp; Development)</li> <li>• BSc (Hons) Sport, Health &amp; Exercise Science (Fitness, Strength &amp; Conditioning)</li> </ul> <p>Note: Pathways chosen towards the end of year 1 to be enrolled upon at the start of Year 2. Please note that the optional pathways will only be offered in year two in cases where minimum group sizes of six are maintained.</p>
<b>Awarding Body</b>	University of East Anglia
<b>Level of Award</b>	Level 6, Undergraduate
<b>Professional, Statutory and Regulatory Bodies Recognition</b>	None
<b>Credit Structure</b>	120 credits at Level 4, Level 5, and Level 6: 360 credits in total
<b>Mode of Attendance</b>	Full-Time
<b>Standard Length of Course</b>	3 Years
<b>Intended Award</b>	BSc (Hons): Bachelor of Science
<b>Fall-back Awards</b>	Certificate of Higher Education: 120 Credits Diploma of Higher Education: 240 Credits

<b>Entry Requirements</b>	<p>64 UCAS Points</p> <p>Mature individuals (over 21) will be considered based on experience. AP(C/E)L &amp; RPEL may be considered for non-standard entry.</p> <p>For international applications Academic IELTS at level 6 (minimum 5.5 in all components) is required</p>
<b>Delivering Institution(s)</b>	Easton College
<b>UCAS Code</b>	C603

### Course Summary

This programme will include a Sport, Health and Exercise Science pathway, which all students will be initially enrolled on, with students able to select an optional pathway in year two. These optional pathways will be in either Health, Fitness, Strength and Conditioning, or Coaching and Development. Please note that the optional pathways will only be offered in year two in cases where minimum group sizes of six are maintained.

Depending on the pathway taken in the second year of study, students will achieve one of the following awards: -

BSc (Hons) Sport, Health and Exercise Science

BSc (Hons) Sport, Health and Exercise Science (Fitness, Strength and Conditioning) BSc

(Hons) Sport, Health and Exercise Science (Coaching and Development)

With excellent links with numerous fitness centres, sports clubs, governing bodies and organisations in the region, students have the invaluable opportunity to develop their vocational experience alongside their studies. Not only can this provide scope for students to apply for internships or additional qualifications, but it also further establishes the necessary skills required to secure employment upon completion of the course.

NB this programme will be delivered across both our Easton College and City College Norwich sites, to utilise the range of facilities at these locations.

### Course Aims

This degree is aimed at students who work or want to work in one of the many areas of the sport, health, and exercise science sector, combining academic study with vocational experience. The aims of the proposed programme are:

- To provide an intellectually stimulating programme of work that will develop the student as a reflective, independent, and flexible learner.
- To provide a programme of learning that will develop the learners' transferable skills to respond to a varied job market, including communication, application of number, IT, team working and problem solving.
- To develop the students' higher learning, interpersonal and research skills specific to sport health and exercise sector.
- To develop the students' generic skills that will enable learners to perform effectively and

- develop within their chosen workplace.
- To enhance students' employment and career development opportunities.
- To widen participation in and progression through higher education.

## Course Learning Outcomes

Learning outcomes will be communicated to students and external examiners through the course handbook, the module specifications and assignment briefs.

A selection of learning outcomes associated with this degree programme (dependent on pathway):

- Understand and apply the key theoretical concepts and principles used in the field of biomechanics
- Evaluate coaching skills in relation to the coaching process
- Understand the key theoretical concepts and principles used in the field of health and fitness
- Summarise how exercise affects Musculo-skeletal systems
- Built a sports massage treatment plan to meet aims and objectives of assessment(s)
- Demonstrate a range of coaching methods and techniques to improve performance
- Examine existing frameworks/campaigns for health promotion and preventative health in the relevant sectors and investigate their local application
- Analyse diet and make recommendation for change to support health, fitness, and performance
- Investigate and interpret psychological factors relating to optimal sports or exercise performance
- Critically appraise alternative research methodologies and methods
- Design and justify a training programme to develop areas of improvement
- Critically analyse the impact of situational variables on sports performance
- Appraise a range of sports events stakeholders and carry out a market needs analysis

## Course Design

The design of this course has been guided by the following QAA Benchmark and Professional Standards:

QAA Framework for HE Qualifications of UK Degree-Awarding Bodies (publication date 3 November 2014).

UK Quality Code for Higher Education:

[https://www.qaa.ac.uk/docs/gaa/subject-benchmark-statements/subject-benchmark-statement-events-leisure-sport-tourism.pdf?sfvrsn=c339c881\\_11](https://www.qaa.ac.uk/docs/gaa/subject-benchmark-statements/subject-benchmark-statement-events-leisure-sport-tourism.pdf?sfvrsn=c339c881_11)

## Course Structure

This course comprises modules at levels 4, 5 and 6. As detailed above, subject to group sizes, the option to transfer to either of the following pathway awards after the first year of

- BSc (Hons) Sport, Health & Exercise Science (Coaching & Development)
- BSc (Hons) Sport, Health & Exercise Science (Fitness, Strength & Conditioning)

Module Specifications for each of these modules will be made available to students on-line at the beginning of each academic year.

## Modules

Optional modules are subject to sufficient numbers and availability.

<b>Year 1 – Level 4 Modules</b>		
<b>Module Title</b>	<b>Credit Value</b>	<b>Module Summary (including associated assessments)</b>
Anatomy and Human Movement	20	<p>The module is designed to give students knowledge of the function in relation to the structure of the human body in sport and exercise. The module will aid further understanding in higher and subsequent modules to enable a better comprehension of anatomy of human movement and performance. Students will learn the key theoretical concepts and principles of biomechanics and how to apply them to human movement.</p> <p>Students will explore a range of fundamental bodyweight movement patterns and how to progress these using resistances training, gymnastics, plyometrics and weightlifting. Fault identification and error correction will form a strong theme along with exploring the methods of coaching delivery. Students will be expected to extensively practice the techniques to form foundation of competency to build off in subsequent modules.</p> <p>Assessments: Closed book exam Practical Competency Assessment</p>
Community Coaching and Development	20	<p>This module enables students to develop their understanding of the coaching process and to develop their coaching skills in both theoretical and practical situations. A coaching philosophy will be developed.</p> <p>Students will investigate the planning of coaching sessions (both short term and long term), coaching methods for working with individuals / teams, the influence of other factors that impact coaching, coaching skills and how the coach develops those skills. The module will also include exploration of sports development initiatives and increase the students' awareness of key concepts within sports development. Students will be expected to contribute to the development of a local initiative.</p> <p>Assessment: Group presentation – Sports initiative proposal Reflective commentary</p>

Health & Fitness	20	<p>The module aims to introduce students to fundamental principles, methods and practical techniques associated with health, fitness, strength and conditioning through a range of lectures, workshops and practicals. Through this technical and theoretical knowledge, this module aims to provide students with a set of coaching tools which when applied appropriately enhance health and fitness for a range of populations.</p> <p>Assessment:</p> <p>Group Presentation Exam</p>
Professional and Academic Skills	20	<p>This module aims to:</p> <ul style="list-style-type: none"> <li>• to provide a framework of professional and academic skills at undergraduate level</li> <li>• to promote your recognition of the value of research, critical analysis and reporting in the context of your programme specialism</li> <li>• to aid in the identification and development of a developmental approach to learning and to the professional skills required for employment</li> </ul> <p>Assessment:</p> <p>Group Presentation Reflective Journal</p>
Sport & Exercise Physiology	20	<p>This module examines the essentials of exercise physiology, including concepts in energy, respiration, circulation, nervous control, endocrine secretions and muscular activity. Exercise physiology will be studied in a pre-exercise, exercise and post-exercise style.</p> <p>Assessment:</p> <p>Case Study</p>
Sports Therapy	20	<p>The module aims to introduce skills in identifying risk factors in sports performance for injury and minimizing the potential for occurrence. The identification and treatment of common sports injuries is also examined. This module also provides the opportunity to consider and apply sports massage treatments to a range of clients under the supervision of a qualified professional. This module aims to build on knowledge and understanding of anatomy and physiology. Learners will develop the skills to conduct subjective and objective assessments, which will cover active, passive, and resisted range of movements, detailed postural analysis and functional testing. On completion, the student will be able to demonstrate pre- and post-</p>

		<p>massage, ensuring that employment standards are maintained. In addition, the student will be made aware of commercial opportunities and progression into the field of sport massage.</p> <p><i>Note: Completion of this module does not entitle the student to practice professionally but will cover content related to Level 4 Sports Massage Therapy qualifications.</i></p> <p>Assessment: Case study Practical (with questioning)</p>
<b>Year 2 – Level 5 Modules</b>		
<b>Module Title</b>	<b>Credit Value</b>	<b>Module Summary (including associated assessments)</b>
Coaching and Mentoring	20	<p>This module enables learners to further develop their knowledge, understanding and practical application of the coaching process from Level 4. Students will develop short term and long-term coaching plans; further develop and refine coaching methods to improve performance of individuals / teams; develop strategies and tactics to improve performance considering the wider coaching environment; demonstrate a good technical knowledge of their own sport; promote their own coaching philosophy through theory and practical situations. Students will explore the application of their own coaching skills and observe the coaching skills of peer coaches.</p> <p>This module will also provide an introduction to mentoring; how it can be used to develop the coaching process of a coach, the skills required to mentor, reasons for mentoring. Students will be required to undertake mentoring of a peer coach.</p> <p>Assessment: Practical Observation &amp; Reflective Commentary Mentor Feedback</p>
Health Promotion, Physical Activity and Behaviour Change	20	<p>The module will discuss current health policies in the UK associated with lifestyle choices and the barriers that are faced in their application. Learners will begin to explore and understand the responsibilities of practitioners who have a role in delivering physical activity and health improvement interventions.</p> <p>This module also explores a wide range of theoretical and practical issues alongside the psychological processes associated with health improvement, health promotion, lifestyle management and behaviour change. By understanding these issues, learners will be expected to work closely with staff, industry, and fellow students to propose a behaviour change intervention to improve the health and lifestyle of a population.</p>

		<p>Assessment: Exam Group Presentation</p>
Nutrition for Health, Fitness and Performance	20	<p>This module will introduce the components of nutrition that support health and exercise across a lifetime. The module will investigate “fad” diets and analyses their efficacy.</p> <p>Learners will analyse a range of individual diets and be able to make recommendations to improve health and support fitness. Nutrition in the context of sports performance will be discussed including a review of the current science behind the use of supplements to improve performance.</p> <p>The module will also explore nutrition from a historical perspective by investigating the influence of food politics and how the government and corporate interests shape food policy and national / international guidance on what we should eat to remain healthy.</p> <p>Assessment: Exam Investigative Report</p>
Sport and Exercise Psychology	20	<p>Applied sport psychology is increasingly being used by athletes, coaches, and management to achieve and maintain world class performance in a highly competitive realm. This module considers some of the approaches the sport psychologist can take to work with the athlete and support team in order to achieve optimal performance. Learners will develop their understanding of the importance of a solid theoretical approach to all applied work and consider the significance of providing psychological support beyond the traditional interventions. In keeping with the increasing importance of exercise and lifestyle physical activity in public health, the module will also explore the tenets of exercise psychology particularly with reference to models of behavioral change. There will be an opportunity also to consider further exercise psychology concepts such as adherence, social influence, body-image and well- being.</p> <p>Assessment: Case study</p>
Sport, Health and Exercise Research Skills	20	<p>This module is designed to enable participants to further develop the learning and development skills introduced in the Higher Learning Skills module in year 1 (or its equivalent). It provides the opportunity for students to focus on practice-based research and evaluation skills.</p> <p>The module will develop an appreciation of qualitative and quantitative methodology, research methods and critical thinking skills appropriate to the subject area. This will provide a foundation for research at level 6.</p>



		<p>Assessment: Open book assignment Research Proposal</p>
<p>Exercise Physiology and Laboratory Techniques (Sport, Health and Exercise Pathway only)</p>	20	<p>Learners will explore and analyse the human aerobic and anaerobic capacities in terms of measured physiological responses to exercise stressors. Learners will witness how the body adapts to acute exercise stressors and will learn how humans adapt when exposed to chronic exercise stressors. Learners will be exposed to a range of industry standard human performance testing procedures and required to be proficient in delivery and evaluation of these procedures.</p> <p>Assessment: Laboratory Report Practical Exam</p>
<p>Sport Development and Management (Coaching &amp; Development Pathway only)</p>	20	<p>This module determines the skills necessary for effective management within the sport and leisure industry, including marketing, people management and financial, economic, legal and ethical principles. Students will develop a critical understanding of what the sports development and sports management environment looks like, the skills required to succeed and types of challenges that exist.</p> <p>Assessment: Open book exam Report</p>
<p>Strength and Conditioning Methods (Fitness, Strength and Conditioning Pathway only)</p>	20	<p>The module aims to build upon the fundamental principles, methods and practical techniques introduced in Strength and Conditioning Method One through a range of lectures, workshops and practical. The module will give students the practical skills that will enable the planning and delivery of safe and effective medium-term exercise programmes in a variety of settings.</p> <p>The focus is on developing intermediate level practical skills and theoretical knowledge of a coach, fitness instructor and personal trainer in the strength, conditioning and fitness industry whilst exploring, practicing, and evaluating different training systems.</p> <p>Assessment: Video Logs Practical Competency Assessment</p>
<b>Year 3 – Level 6 Modules</b>		
<b>Module Title</b>	<b>Credit Value</b>	<b>Module Summary (including associated assessments)</b>

Applied Professional Practice	20	<p>The purpose of this module is to apply a range of professional techniques learned from previous modules at levels 4 and 5. Students will be required to work closely with an individual to assess their strength and areas for improvement. They will then need to prepare and deliver a training program to effect positive change. Finally, students will review the effectiveness of their training program and make recommendations for change.</p> <p>Assessment:</p> <ul style="list-style-type: none"> <li>• Case study</li> </ul>
Performance Analysis	20	<p>Performance analysis is firmly rooted at elite playing standards and evidence derived from analyses provides an opportunity to critically appraise performance. This module enables learners to understand the processes involved in analysing sports performance and will allow the application of theory to practice. Using video footage, learners will observe performance and handle, disseminate, and generate insights from the data collected, with a view to appraise performance.</p> <p>Assessment:</p> <ul style="list-style-type: none"> <li>• Essay</li> <li>• Presentation</li> </ul>
Research Project (Dissertation)	40	<p>This module will enable students to demonstrate that they can take substantial responsibility for their own learning. It does this by offering them the opportunity to choose, undertake and report upon a major investigation of a selected topic relevant to the sport, health and exercise industry. By challenging students to manage their own learning, the research project makes a major contribution to the honors classification process.</p> <p>Assessment:</p> <ul style="list-style-type: none"> <li>• Review of literature and methodology</li> <li>• Presentation of results#</li> <li>• Research paper</li> </ul>
Sport Events and Entrepreneurship	20	<p>In the process of proposing, planning, implementing, reviewing and evaluating an actual event, students will need to integrate market research, marketing, human resource management, leadership, health and safety issues, security, logistical and financial management in an appropriate way. The emphasis is on the processes that surround the actual event itself.</p> <p>Assessment:</p> <ul style="list-style-type: none"> <li>• Group presentation event plan with rationale</li> <li>• Deliver event and evaluate via report</li> </ul>
Coaching in a Performance Setting  (Coaching & Development Pathway only)	20	<p>This unit is designed for someone who is working in or wishes to work within a performance setting. It will critically analyse issues within coaching performance athletes as well as being part of a multidisciplinary team; as such it will be of interest to coaches or sports scientists who wish to develop the skills necessary to work in an integrated performance setting. This unit will be studied within the</p>

		<p>context of a) Models for Athlete Development and b) the UK Coaching Certificate learning outcomes/skills. The aim of the module is to:</p> <ul style="list-style-type: none"> <li>• Acquire a theoretical and practical understanding of coaching practices in relation to optimising sports performance.</li> <li>• Gain an insight into the issues associated with implementing a talent ID and talent development model in a performance setting</li> <li>• Develop an understanding of the multidisciplinary processes behind coaching in a performance setting</li> <li>• Examine and critique the scientific bases behind the coaching practices commonly used in a performance setting</li> </ul> <p>Assessment:</p> <ul style="list-style-type: none"> <li>• Case study</li> </ul>
<p>Exercise for Specific Populations</p> <p>(Applicable to both Sport, Health and Exercise Science; and Fitness, Strength and Conditioning Pathways)</p>	20	<p>This module is intended to examine the importance of exercise for optimal health and longevity across a lifespan. Exercise is important in lowering the risk of a wide variety of chronic diseases and, as a non-pharmacological intervention; it is an essential part of the rehabilitation process for people with a range of different socio-economic groups. Exercise can have both a preventative and management role if prescribed appropriately. It is vital that exercise programs are modified and prescribed relative to specific populations. The population groups studied can include: - children, elderly, ante/post-natal, disabilities and those with chronic diseases such as coronary heart disease (CHD), diabetes, obesity, asthma.</p> <p>Assessment:</p> <ul style="list-style-type: none"> <li>• Essay</li> <li>• Exam</li> </ul>

## Awards

On successful completion of the course, students will be awarded one of the following awards depending on chosen pathway:

BSc (Hons) Sport, Health & Exercise Science  
BSc (Hons) Sport, Health & Exercise Science (Coaching & Development)  
BSc (Hons) Sport, Health & Exercise Science (Fitness, Strength & Conditioning)

## Course Delivery

The full BA programme will run over 3 years with students attending two days per week. Each 20-credit module will contain 48 hours of lectures/tutorials with students expected to undertake around 152 hours of private study. Students also receive 3 hours of personal tutoring per year. Students will complete 120 credits per academic year and therefore the programme will be full time.

## Course Assessment

Assessment methods will include exams, assignments, and presentations.

## Course Team

The academic staff delivering this course are drawn from a team that includes teaching specialists and current practitioners. All staff are qualified in their subjects with their own specialist knowledge to contribute.

## Course Costs

*The tuition fees that new students pay will be fixed for the duration of the course and will not be subject to any further increases.*

Payment of tuition fees is due at the time of enrolment and is managed in accordance with the Course Fees & Eligibility Statement and Rules and Regulations.

Students will be required to purchase some sports kit, with the minimum requirement being to have at least two Sports tops (Cost of around £15 each). Individual students may decide to purchase additional items of kit up to a cost of approximately £150.

Students are likely to incur other costs for books, printing, and other learning materials they may choose to buy. This should amount to a total of not more than £300 per year.