Programme Specification

BSc (Hons) Sport and Exercise Science

School:	Science, Technology and Health
Subject area:	Sport
Entry from academic year:	2020-21
in the month(s) of:	September
Awarding institution:	York St John University
Teaching institution:	York St John University
Delivery location:	York St John University
Programme/s accredited by:	Not applicable
Exit awards:	Certificate of Higher Education Sport Diploma of Higher Education Sport and Exercise Science BSc (Ord) Sport and Exercise Science
UCAS code / GTTR / other:	C6C6
Joint Honours combinations:	Not applicable
QAA subject benchmark statement(s):	Sport, Hospitality, Leisure and Tourism (2016)
Mode/s of study:	Undergraduate periods of study[1] for full time / part time
Language of study:	English
Paired with foundation year	Yes
Study abroad opportunities:	Yes
Placement year opportunity:	Yes

Introduction and special features

As a potential student in our School of Sport thank you for reading this document which tells you about our degree in Sport and Exercise Science (SES). This is the first SES Degree in the world framed around social justice, the right to play, putting the performer before the performance, a focus on the healthy athlete, stressing participation over consumerism and holding to account those who seek elitism rather than sporting excellence. This approach puts values at the centre of how we teach, research and practice sport.

If you aspire to change your community and the world through sport, science and research then this is the Degree for you.

As a result of our unique approach to sport we are creating a new type of partnership between our school and the community. The values of our school place positive social change at the heart of our teaching and research. The practical impact of this for you, the student, is that the School has a number of community sport partners with whom you will have contact. From a theoretical perspective, as a student with an enquiring mind, you will be interested to know that the academic basis for this approach is provided by, among others, Guinier (2016)[2] . She lamented the lack of moral or political accountability of universities for using admissions and assessment processes to sift and sort students based on a narrow band of values, as opposed to seeking to nurture students' ability to collaborate and foster a commitment to a better society.

[1] The standard period of study will apply unless otherwise stated

[2] Guinier, L. (2016). *The tyranny of the meritocracy: Democratizing higher education in America*. Beacon Press.

The School of Sport within which you will study on this degree, has a strong and active research programme. A particular strength in the School is our world class research in Sports Psychology which students learn about throughout their Degree. In addition staff in the School are conducting research on human movement with a particular focus on monitoring and developing healthy athletes. This work includes research on the management of training loads, deceleration and agility. The research of our scientists underpins this Degree and means that you will be taught by experts in their discipline and that the curriculum remains up-to-date, cutting edge and distinctive.

SES is 'the application of scientific principles to the promotion, maintenance and enhancement of sport and exercise related behaviours' (The British Association of Sport and Exercise Sciences – BASES). As well as our value led approach to SES our Degree is also interdisciplinary. It combines a practical and scholarly exploration of science, sport and exercise and seeks to develop graduates who use research to deliver evidence based practice. The degree has been designed so that you, the student, will learn both the academic skills needed to study and conduct research and the vocational competencies required to enhance sport performance or promote health. To achieve this, the degree is taught using innovative and enquiry-based approaches.

BASES is the professional and scholarly body for SES. At the time of writing a number of the academics in the School are accredited by BASES as is our Physiology Laboratory. As a result you, the student, will graduate with an inter-disciplinary knowledge and skill set that is built from the fundamentals of science in biomechanics, physiology and psychology. Students are exposed to a variety of challenges that cultivate an ability to solve problems around health, exercise and sports performance.

As a student you will study 17 modules which have the following special features –

1. They begin with a keynote lecture given by a senior academic in the area, e.g. Professor, who explains why the content of the module is important and how the modules links together.
2. Every module has a guest lecture, case study or similar delivered by one the School's community partners.
3. Every module concludes with a plenary session led by a senior academic to bring together the semesters learning.
4. If during a module a major sport related news item becomes a contemporary issue the module will be paused for one session for a senior academic to give a keynote lecture on the topic.

As a student on this degree you will study in the multi-million pound sport facilities that the University opened in October 2016. These facilities include international standard grass and synthetic pitches and a £4m Sport Centre which has a world class strength and conditioning gym.

Students have the opportunity to apply for a transfer at the end of the first year to other programmes within the School of Sport.

Admissions criteria

You must meet the University's general entry criteria for undergraduate study.

If your first language is not English, you need to take an IELTS test or an equivalent qualification accepted by the University (see https://www.yorksj.ac.uk/international/how-to-apply/english-language-requirements/).

If you do not have traditional qualifications, you may be eligible for entry on the basis of Accredited Prior (Experiential) Learning (APL/APEL). We also consider applications for entry with advanced standing.

Programme aim(s)

In line with the Benchmarking statements this programme aims to:

1. Prepare students to work, conduct research, or go on to further study in a range of science, exercise or sport related professions
2. Adopt a value-led approach to the study of sport
3. Employ an evidence-based approach to the study of sport

The BSc (Hons) Sport and Exercise Science has a particular focus on the performance of sport and exercise and its enhancement, monitoring and analysis.

Programme learning outcomes

Upon successful completion of the programme students will be able to:

Level 4

4.1 Knowledge of the fundamental concepts, theories, and techniques that underpin the study of sport and exercise, and an ability to describe these within a given context.

4.2 Knowledge of how to present, evaluate and interpret basic data gathered in accordance with accepted theories and concepts when studying sport and exercise.

4.3 Knowledge of the features of different approaches to research and/or methodologies used when studying sport and exercise.

4.4 Ability to communicate information accurately and reliably as part of structured and coherent arguments when studying sport and exercise.

4.5 Ability to act with a degree of independence when completing academic and professional activities when studying sport and exercise.

4.6 Ability to identify and undertake appropriate academic and professional development activities when studying sport and exercise in a supported manner.

4.7 An understanding of a value-led approach to the study of sport and exercise.

Level 5

5.1 Knowledge of the strengths and weaknesses of key concepts, theories, and techniques in sport and exercise science.

5.2 Knowledge of how key concepts, theories, and techniques in sport and exercise science can be applied in varied contexts.

5.3 Knowledge of the research method, its various methodologies, and their strengths and weaknesses in the generation and application of knowledge in sport and exercise science.

5.4 Ability to use common methods of data collection, analyse and interpret data, and propose conclusions/solutions based on this analysis in sport and exercise science.

5.5 Ability to communicate information, ideas, and arguments from sport and exercise science to different audiences and in different formats.

5.6 Ability to act independently and interdependently when completing academic and professional activities in sport and exercise science.

5.7 Ability to identify, undertake, and reflect upon appropriate academic and professional development activities in sport and exercise science in a largely independent manner.

5.8 An understanding of how different values are implicit in study of sport and exercise science and how these values influence the study of sport and delegitimise, exclude, and privilege different topics, individuals and groups in society.

Level 6

6.1 Systematic and detailed knowledge of key issues in the study of sport and exercise science and the research that informs these issues.

6.2 Proficient use of established techniques and methods in sport and exercise science.

6.3 Knowledge and use of theories, techniques and research methodologies to address complex and/or novel problems in sport and exercise science, including a critical understanding of the boundaries/limitations of the approaches adopted.

6.4 A critical understanding of current debates and controversies in sport and exercise science.

6.5 Ability to use research to inform professional practice in the area of sport and exercise science.

6.6 Ability to plan, execute, and evaluate projects that entail complex techniques and data collection to address complex and/or novel problems in sport and exercise science.

6.7 Ability to communicate complex problems and solutions in sport and exercise science to different audiences and in different formats.

6.8 Ability to plan and initiate appropriate future academic and professional development activities in the context of sport and exercise science with view to employment or future study in an independent manner.

6.9 A critical understanding of a value-led approach to the study of sport and exercise science and how these values influence the study of sport and delegitimise, exclude, and privilege different topics, individuals and groups in society.

Programme structure

Code	Level	Semester	Title	Credits	Module status	
					compulsory or optional to take **C or O**	non-compensatable or compensatable **NC or X**
SPO4009M	4	1	Fundamentals of Practice in Sport, Exercise, and Physical Education	20	C	X
SPO4002M	4	1 or 2	Fundamentals of Sport and Exercise Physiology	20	C	X
SPO4003M	4	1 or 2	Fundamentals of Sport and Exercise Psychology	20	C	X
SPO4004M	4	2	Introduction to Research Methods in Sport	20	C	X
SPO4005M	4	1 or 2	Fundamentals of Sport and Exercise Biomechanics	20	C	X
SPO4006M	4	1 or 2	Fundamental Sociological Issues in Sport, Culture and Society	20	C	X
SPO5001M	5	1	Research Design and Analysis	20	C	X
SPO5007M	5	1 or 2	Biomechanics of Sport and Exercise	20	C	X
SPO5010M	5	1 or 2	Theory and Research in Sport and Exercise Psychology	20	C	X
SPO5004M	5	2	Applied Research Methods and Design	20	C	X
SPO5005M	5	1 or 2	Social Justice in Sport: Ethical Perspectives	20	C	X
SPO5002M	5	1 or 2	Physiology of Sport and Exercise	20	C	X
SPO6001M	6	1 & 2	Research Paper	40	C	NC
SPO6007M	6	1 or 2	Applied Sport and Exercise Biomechanics	20	C	X
SPO6003M	6	1 or 2	Applied Sport and Exercise Psychology	20	C	X
SPO6005M	6	2	Social Justice in Sport: Sociological Perspectives	20	C	X
SPO6008M	6	1 or 2	Applied Sport and Exercise Physiology	20	C	X

Learning, teaching and assessment

In designing this Degree, we were aware from the outset that how you will learn and be assessed is very important to you.

Historically the Sports Science area has been University leading in numerous teaching, learning and assessment initiatives with insightful employment of authentic practical experiences alongside digitally enhanced teaching and learning giving you the opportunity to develop meaningful practical and professional competencies within the discipline area.

The curriculum design is focussed upon developing the type of practitioners capable of future employment within multi-disciplinary sport environments.

On the SES Degree you will encounter a range of learning and teaching experiences including lectures, laboratories, practical work, seminars and digitally enabled learning activities. As you progress you will be increasingly expected to make significant contributions to your own learning. This includes completing self-directed study which often involves independent laboratory or field based practical work, data collection and presentation.

The learning and assessment strategies employed across sport are engaging, student-centred and learning orientated. They include applied practical work within modules and assessments which develop career orientated skills and competencies. The School uses video feedback, flipped classrooms, blended delivery approaches and audio feedback on written work and examinations.

To improve the quality of your learning experiences the programme will use formative assessment, i.e. 'mocks' that do not count toward degree classification, to provide feedback. We know that some students do not always have the skills they need to show what they have learned in a formal assessment and that many students get anxious about exams and hand in dates. Therefore, we have taken care to streamline both the number of assessments and the criteria used to mark them. In addition we will provide you with the opportunity to benefit from self-evaluation and peer assessment.

As you develop and learn more the assessments we use change in nature becoming more diverse and challenging over the course of the programme. Level 4, for example, utilises continuous assessment allowing in semester review and evaluation of performance as well as presenting the opportunity to employ interventions aimed at improving success within the semester. Levels 5 and 6 present additional opportunities to demonstrate skills of analysis, synthesis and critical review through a variety of assessment approaches that seek to embed research design, engagement and interpretation into the curriculum.

Progression and graduation requirements

The University's general regulations for undergraduate awards apply to this programme.

Any modules that must be passed for progression or award are indicated in the Programme Structure section as non-compensatable.

Internal and external reference points

This programme specification was formulated with reference to:

- University Mission Statement [see page two]
- Strategic Plan 2015-20 [see page four]
- QAA subject benchmark statement
- Framework for Higher Education Qualifications

Date written / revised: March 2017
Programme originally approved: March 2017