Programme Specification

MSci Sport and Exercise Science

School:	Science, Technology and Health
Subject area:	Sport
Entry from academic year:	2024-25
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 and Exercise Science Diploma of Higher Education Sport and Exercise Science BSc (Ord) Sport and Exercise Science BSc (Hons) Sport and Exercise Science
UCAS code / GTTR / other:	
Joint Honours combinations:	Not applicable
QAA subject benchmark statement(s):	Combined from the Events, Hospitality, Leisure, Sport and Tourism (2019) QAA Master's Degree Characteristics (2015)
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
Opt-in YSJU Placement year opportunity:	Yes

Introduction and special features

This is a four-year Integrated Master's programme in Sport and Exercise Science (SES). Sport and exercise science refers to the application of knowledge and understanding from scientific principles of physical activity and exercise, which can be used to improve athletic performance and health and wellbeing. This can be achieved by identifying how the human body responds to exercise in the short- and long-term in various settings, groups and individuals ranging from elite level athletes to the management and prevention of chronic diseases in special populations. On this programme you will learn how to apply the pillars of sport and exercise science, including physiology, biomechanics, and psychology to promote health and performance.

The burden of poor health and lifestyle choices are a current global problem which leaves many people at risk of chronic diseases and poor health outcomes. At the same time, athletes are continuing to seek strategies for improved success. There is a clear need for sport and exercise scientists to be able to employ evidence-based approaches to benefit both health and performance. This MSci Sport and Exercise Science programme has been designed with a strong focus to equip you with the knowledge, understanding and skills

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

to effectively work in sport and exercise science settings, through the development of both academic and practical skills.

The programme has been developed by staff members who are accredited by the British Association of Sport and Exercise Sciences (BASES), the professional body for sport and exercise sciences in the UK. This will help you successfully graduate with recognised skills and competencies to become effective applied sport and exercise scientists. As a Graduate, you will have the underpinning knowledge, skills, and abilities to:

- apply scientific principles for promoting health
- optimise sports performance
- develop strategies to effectively prevent morbidity (disease) and mortality (death)
- conduct appropriate assessments for monitoring and assessing athlete performance, movement, and wellbeing
- understand the methodologies used in sport and exercise science research
- work both independently and collegiately to deliver sport and exercise science strategies used in applied and research settings

This programme intends to facilitate your development into an autonomous sport and exercise scientist who abides by high standards to improve both health and performance. You will learn how to apply evidence-informed and multi-disciplinary approaches to make well-informed decisions and work effectively with other practitioners within a team. The modules are categorised into four distinct themes, that you will complete across the duration of your programme:

1. Physiology
2. Biomechanics
3. Psychology
4. Research methods
5. Interdisciplinary working

Successful completion of this well-rounded suite of modules will ensure that you develop the academic, professional, and practical skills to enable you to feel competent and confident to enter the workplace as an effective sport and exercise scientist.

The School of Science, Technology and Health, has a strong and active research programme. The teaching and learning on the MSci Sport and Exercise Science will be informed by our staff teams' research and the research of others. This includes individuals researching the factors that undermine health participation in sport, the effects of physical activity and cardiovascular health, and the sociological approaches to tacking welfare-related issues in sport. Additionally, the staff team have extensive applied experience in a wide variety of clinical and sport and exercise settings so that they can share their experience and bring contemporary insight into the programme delivery to ensure you graduate fit for purpose and ready to meet the challenges of working with sport and exercise science settings. The research of our scientists includes authorship of work published in journal articles, books, and are often invited to present at major international conferences. This means that you will be taught by experts in their discipline and that the curriculum remains up-to-date, cutting edge and distinctive.

As well as our value led approach to Sport and Exercise Science our degree programme 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 programme 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.

As a student on this programme, you will learn and practice your skills in the multi-million-pound sport facilities that the University opened in October 2016. These facilities include a £4m sport centre which has a dedicated sports therapy room, sports science laboratory, sport barn, strength and conditioning gym, and outdoor

pitches and running track. This excellent facility is a learning space and is also used by several professional and elite sports teams.

The Integrated Master's degree has six main advantages over standalone postgraduate programmes:

1. Integrated Master's programmes are covered by undergraduate student loans.
2. You will have been with us for 3 years, and so the 4th year is spent amongst friends and familiar staff. (The cohort will be together for the 4 years of the course.)
3. There is no need to apply separately.
4. Fees for Integrated Master's programmes are fixed.
5. Integrated Master's programmes are completed within an academic year, whereas standalone programmes are completed over a full calendar year. This means you will be more competitive and will have more time to dedicate to employment during the latter half of the year.
6. Finally, Integrated Master's programmes will allow you to continue a line of research from the 3rd to the 4th years of study, and so you have the opportunity to gain an advanced understanding of a particular area of research.

Distinctive features:

- The programme has been designed by accredited BASES sport and exercise scientists.
- Research active staff to teach you.
- A strong sense of community between staff and students. We pride ourselves on the quality of support provided by our staff team.
- Be inspired by the values and ethos of York St John university around social justice and embracing diversity.
- Opportunities to gain experience working with our external partners.
- Opportunities to engage in our continuing professional development (CPD) programme
- Authentic assessments (which reflect the jobs that sport and exercise scientists do) that are always supported by formative feedback opportunities
- Placement experience that will allow you to accrue real-world experiences

On successful completion of the programme, you will graduate with a degree in sport and exercise science. Alternately, you will be well-equipped to progress onto further study.

Admissions criteria

You must meet the University's general entry criteria for undergraduate study. In addition, you must have:

- Met the higher entry threshold as detailed on the course page

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 Recognition of prior learning (RPL). We also consider applications for entry with advanced standing.

*Note: To work with those under 18 years of age and/or with vulnerable adults, an enhanced DBS approval is required prior to undertaking a relevant, optional placement module at level 5 of the degree programme.

Programme aim(s)

In line with the benchmarking statements and York St John University graduate attributes, this programme aims to:

1. Develop knowledge, understanding, and practical skills to be a competent and confident sport and exercise scientist in relation to both sport performance and health.
2. Develop evidence-informed, multi-disciplinary professionals capable of contributing positive changes in sports performance and health within the contemporary field of sport and exercise science.
3. Promote awareness for professional development within a successful career through further study, research, or impactful application of exercise science practices.

Programme learning outcomes

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

Level 4

4.1 Demonstrate knowledge of the underlying physiological concepts and principles associated with sport and exercise science
4.2 Demonstrate knowledge of the underlying biomechanical concepts and principles associated with sport and exercise science
4.3 Demonstrate knowledge of the underlying psychological concepts and principles associated with sport and exercise science
4.4 Demonstrate an ability to present, evaluate and explain basic data, to develop lines of argument in accordance with basic theories and concepts in sport and exercise science.
4.5 Identify and understand appropriate strategies to solving problems related to research in sport and exercise science.
4.6 Communicate information accurately and reliably as part of structured arguments when studying sport and exercise science.
4.7 Conduct fundamental skills associated with sport and exercise science practices in a safe and competent manner.
4.8 Demonstrate knowledge of the underlying sociological concepts and principles and issues surrounding sport

Level 5

5.1 Demonstrate detailed knowledge of how key concepts, theories, and techniques can be applied in sport and exercise science contexts.
5.2 Apply knowledge of ethical research methods, its various methodologies, and identify their strengths and weaknesses in the application of knowledge in sport and exercise science.
5.3 Apply common methods of data collection, analyse, and interpret data, and propose conclusions/solutions based on these analyses in sport and exercise science.
5.4 Effectively communicate information, ideas, and arguments from a sport and exercise science context.
5.5 Examine disciplinary perspectives in the study of sport and exercise science in association with different topics, individuals, and groups in society.
5.6 Demonstrate detailed knowledge of applied professional practice in sport and exercise science with a health or athlete-centred focus.
5.7 Independently use appropriate academic practices in line with industry recognised standards.

Level 6

6.1 Demonstrate systematic knowledge of advanced health-related diseases and exercise related strategies to reduce/limit their manifestation.
6.2 Evidence a critical level of knowledge and understanding of advanced sports performance in the context of applied exercise physiology, including the techniques used to assess, analyse, and interpret the evaluation of exercise performance.
6.3 Critically explain theories, techniques, and research methodologies to address complex and/or novel problems in sport and exercise science psychology, including a critical understanding of the boundaries/limitations of the approaches adopted.

6.4 Apply biomechanical principles to the analysis and critical evaluation of movement in sports biomechanics.
6.5 Design, undertake, and critically evaluate an independent project that includes appropriate disciplinary data collection techniques to address complex and/or novel problems in sport and exercise science.
6.6 Communicate complex problems and solutions in sport and exercise science through different formats
6.7 Use appropriate academic, professional and industry recognised skills with a view to employment or future study in an independent manner.
6.8 Critically evidence systematic knowledge of key issues in the study of sport and exercise science and the research that informs these issues.

Level 7

7.1 Systematic and critical awareness of current problems and insights in sport and exercise science which is informed by research at the forefront of sport and exercise science.

7.2 Comprehensive understanding and application of skills, techniques and methods used in sport and exercise science.

7.3 Originality in the application of theories, techniques, and research methodologies to create and interpret knowledge in sport and exercise science.

7.4 Conceptual understanding of sport and exercise science that allows a critical evaluation of current and advanced research in sport and exercise science.

7.5 Ability to deal with complex issues in sport and exercise science in both systematic and creative ways.

7.6 Ability to act autonomously and in interdisciplinary or complex environments in planning and implementing tasks in sport and exercise science.

7.7 Comprehensive planning and execution of projects that involve advanced research methods and data collection to answer a novel research question in sport and exercise science.

7.8 Ability to make decisions in complex and unpredictable situations in sport and exercise science.

7.9 Ability to use and evaluate research methodologies and develop critiques of research in order to inform professional practice in sport and exercise science.

7.10 Critical and comprehensive understanding and implementation of a value-led approach to sport and exercise science.

Programme structure

Code	Level	Semester	Title	Credits	Module status	
					compulsory or optional to take **C or O**	non-compensatable or compensatable **NC or X**
SPO4010M	4	1	Anatomy and Physiology for Sport and Exercise	20	C	X
SPO4016M	4	1	Fundamentals of Sport and Exercise Psychology	20	C	X
SPO4019M	4	1	Working in Sport and Exercise	20	C	X
SPO4012M	4	2	Kinesiology and the Biomechanical Principles of Human Movement	20	C	X
SPO4013M	4	2	Introduction to Research Methods in Sport	20	C	X
SPO4018M	4	2	Sport & Social Issues	20	C	X
SPO5015M	5	1	Principles of Exercise and Physical Activity for Health	20	C	X
SPO5020M	5	1	Theory and Research in Sport and Exercise Psychology	20	C	X
SPO5024M	5	1	Physiology of Training and Adaptation	20	C	X
SPO5025M	5	2	Sports Biomechanics	20	C	X
SPO5017M	5	2	Research Design and Analysis in Sport and Exercise	20	C	X
Choose one 20 credit module from the options below:						
SPO5023M	5	2	Sport, Education and Society	20	O	X
SPO5026P	5	2	Professional placement	20	O	X
SPO6022M	6	1	Advanced Sports Biomechanics	20	C	X
SPO6023M	6	1	Exercise Health and Disease	20	C	X
SPO6024M	6	2	Advanced Physiology of Sport Performance	20	C	X
SPO6025M	6	2	Applied Sport and Exercise Psychology	20	C	X
SPO6016M	6	1&2	Research Paper	40	C	NC
SPO7001M	7	1 & 2	Advanced Research Methods and Dissemination	40	C	NC
SPO7002M	7	1 & 2	Placement in Sport, Exercise, or Physical Education	40	C	NC
SPO7003M	7	1 or 2	Interdisciplinary Working in Sport, Exercise, and Physical Education	20	C	X
SPO7004M	7	1 or 2	Debate and Current Opinion in Sport, Exercise, and Physical Education	20	C	X

Any modules that must be passed for progression or award are indicated in the table above as non-compensatable. A non-compensatable module is one that must be passed at the relevant level (with a mark of 40 for levels 4-6 and with a mark of 50 for level 7) in order to progress. Students must meet the additional level 6 progression requirements for integrated Masters to enable progression on to level 7 of the programme.

Learning, teaching and assessment

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

Our Educational Philosophy

To develop you into an effective sport and exercise scientist, we use a blended approach to learning. This means you will engage in a mixture of face-to-face, on-line, self-directed, and experiential learning opportunities throughout the degree. The blended approach to learning offers flexibility of learning opportunities and is particularly inclusive and accessible for students. This also allows us to reinforce, stretch and challenge your learning. Modern learning can take place in different environments, at different times, uses different modes, and in different ways. Throughout your programme we embrace this notion.

Learning is scaffolded across the four levels of the programme in a way which builds appropriate academic, and professional and practical skills required to become independent learners, evidenced-informed problem-solving sport scientists and develop skills to continue lifelong learning throughout your professional career. The curriculum design is focussed upon developing the type of practitioners capable of future employment within multi-disciplinary sport environments.

Teaching and Learning Strategy

The programme uses a wide range of relevant and high-fidelity learning opportunities and resources to prepare you for the challenges of working in different sport and exercise science environments. To be effective in applied research and practice environments you will: require academic and progression skills in problem-solving and reasoning; use evidence/research to inform decisions; be able to reflect and adapt; have leadership and coaching skills; provide and receive feedback; can work in interdisciplinary and multidisciplinary teams. We will help you develop these skills so that you are successful on the programme and can be an effective sport scientist.

As a student on the MSci Sport and Exercise Science programme you will encounter a range of teaching and learning experiences including face-to-face, on-line, self-directed, and experiential opportunities. As you progress through the programme you will be increasingly expected to make significant contributions to your own learning and become more independent and self-directed (i.e., you take more of the initiative over your learning).

Face-to-face learning includes:

- Lectures
- Seminars
- Practical sessions
- Laboratory sessions

On-line learning includes:

- Engaging with our virtual learning environment (VLE)
- E-portfolios
- Live or pre-recorded lectures
- On-line courses
- Online reading lists
- Social media

- Podcasts
- Blogs and vlogs

Self-directed learning includes:

- Further research and reading
- Additional practice

Assessment Strategy

Our assessment strategy is authentic (i.e., mirrors what you will be required to do in employment) and will drive your continual academic and professional development. You will be continually assessed throughout the programme to evaluate your learning. You will encounter a variety of assessment types including written reports, practical exams, oral presentations, e-portfolios, on-line exams, and viva voces. As you develop and learn more the assessments will change in nature, becoming more diverse and challenging over the course of the programme. At Level 4 assessments confirm your knowledge, understanding and competency. Whereas, at Level 5 and 6 assessments present additional opportunities to demonstrate skills of analysis, synthesis, clinical reasoning, critical thinking, and problem solving. By Level 6, you will find yourself taking more control of your learning and will engage in your own research. The research paper module involves you undertaking an independent research project (supervised by a tutor) on a relevant topic of your choice, demonstrating self-reliance and project management skills. Level 7 presents additional opportunities to demonstrate skills of analysis, synthesis, interdisciplinary working, and critical review through a variety of assessment approaches.

To improve the quality of your learning experiences, the programme will use formative assessment. Each summative assessment will have at least one formative assessment opportunity where you will complete an activity aligned to the assessment and receive feedback for you to act on. Engaging in formative assessment means you are aware of what you did well and what to do better so that the quality of your summative assessment improves.

Information and guidance regarding all assessment requirements will be available to you via the university virtual learning environment (Moodle) module sites. You will be offered assignment tutorials (group and/or individual) to support the preparation for assessments. The University also provides a range of central guidance and learning resources through the Information and Learning Services directorate. These resources include online tutorial, factsheets, study skills workshops and individual appointments with specialist staff e.g., writing support, librarian.

Placement option

During Level 5 of study, you will have the option to choose a placement module. This module is designed to provide the opportunity to gain applied work experience in the form a practical placement with a local sporting club/organisation or within a health-based environment. If you choose to do this module, you will be able to apply your underpinning sport and exercise science knowledge and understanding gained during first year. A placement is an opportunity to gain industry experience to add to your overall degree and upon graduation, enhance your employability prospects. Individuals wishing to conduct a placement with those <18 years of age or vulnerable adults, confirmation of a placement is subject to DBS approval. In addition, level 7 includes a yearlong placement module that will allow you to apply the knowledge you have acquired across your programme, develop your professional skills, and also evidence a value-led approach that our school and programmes aim to promote. Overall, teaching and learning at level 7 will have an increased emphasis on independence and there are greater expectations in relation to the criticality, understanding, and synthesis of information and ideas. This includes an increase in the number of assessments per module and increased focus on your participation in the learning process.

Tutorials

To monitor and support you with teaching, learning and assessment we operate a tutorial system. You will be allocated an Academic Tutor who will monitor your engagement and progress on the degree, and you be given the opportunity to routinely meet with them. Additionally, you can freely book appointments with the teaching staff team when you perceive the need (e.g., to clarify module content or ask questions about specific assessments).

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.

In addition, the following programme-specific regulations apply in respect of progression and graduation:

- In order to progress from level 6 to level 7 of the Integrated Master's Degree students must meet the progression threshold of a credit-weighted average of mark of 50 for level 6 of the programme.

Internal and external reference points

This programme specification was formulated with reference to:

- University mission and values
- University 2026 Strategy
- QAA subject benchmark statements
- Frameworks for Higher Education Qualifications

Date written / revised: 14/05/19. Levels 4-6 Revised Nov 2022
Programme originally approved: 14/05/19