

SUMMARY PROGRAMME SPECIFICATION

Course Title	BSc (Hons) Applied Sport Health and Exercise (Top-Up)
Awarding Body	University of East Anglia (UEA)
Level of Award	Undergraduate
Professional, Statutory and Regulatory Bodies Recognition	
Credit Structure	Level 6: 120 Credits
Mode of Attendance	Full time
Standard Length of Course	1 year
Intended Award	BSc (Hons)
Fall-back Awards	BSc (Ordinary)
Entry Requirements	240 credit (minimum 120 credits at level 5) foundation degree or equivalent.
Delivering Institution(s)	City College Norwich
UCAS Code	C600

This Summary Programme Specification sets out the essential features and characteristics of the BSc (Hons) Applied Sport Health and Exercise (Top Up) course. The information provided is accurate for students enrolling in the 2018-19 academic year.

Course Summary

The purpose of the course is to prepare students for work in the sport, health and fitness sector, combining academic study with vocational experience.

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.

Course Learning Outcomes

The following statements define what students graduating from this course will have been judged to have demonstrated in order to achieve the award. These statements, known as learning outcomes, have been formally approved as aligned with the generic qualification descriptor for level 4/5/6 awards as set out by the UK Quality Assurance Agency (QAA)¹.

1. Human responses and adaptations to sport and exercise
2. The performance of sport and exercise and its enhancement, monitoring and analysis
3. Health related and disease management aspects of exercise and physical activity
4. Historical, social, political, economic and cultural diffusion, distribution and impact of sport

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5. Policy, planning, management and delivery of sporting opportunities

Course Design

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

QAA Benchmark

Programme meets the QAA honours degree subject benchmark statements for Events, Hospitality, Leisure, Sport and Tourism (November 2016).

Professional Standards

- N/A

Course Structure

This course comprises modules at level 6.

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

	Module	Credits	Module Type
Level 6			
	Research Project This module will enable students to complete a major investigation into a relevant topic of choice.	40	Mandatory
	Advanced Fitness and Training This module enables learners to carry out training regimes based on evidence-based practice incorporating strength and conditioning principles.	20	Mandatory
	Physical Activity and Health Promotion This module provides a theoretical knowledge base of the physical activity / health education and promotion. Emphasis is on the relevance of this to wider health outcomes.	20	Mandatory
	Sports Events and Entrepreneurship This module involves students proposing, planning, implementing, reviewing and evaluating an actual relevant sport, health or fitness event.	20	Mandatory
	Exercise for Specific Populations This module examines the importance of exercise for optimal health and longevity across a life-span. It looks specifically at various population groups and the impact of exercise.	20	Mandatory

Awards

On successful completion of the course, students will be awarded a **BSc (Hons) Applied Sport Health and Exercise**.

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Course Delivery

The course is mainly delivered at the City College, **Ipswich Rd** campus but with some teaching at other local venues. Students studying full-time are likely to have approximately 212 plus Tutorial / dissertation hours. The contact hours will be a mix of lectures, seminars, simulated skills, subject tutorials, practicals and workshops. Students will normally be expected to undertake 16 hours of independent study in an average week, but should be prepared for this to vary based on assignment deadlines and class exercises.

Course Assessment

Essays, case studies, open and closed book exams, group work, presentations, and a research project (Dissertation).

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 CCN 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 will be expected to produce two academic posters during the course (at a cost of between £8-£20, depending on materials chosen) and to print and bind two copies of their final year dissertation, although there are low cost options within the college for this.

Students may choose to buy some books to support their studies, although the library has access to a full range of core texts, including e-books.

Academic Framework and Regulations

This course is delivered according to the Norfolk Regulatory Framework and other academic policies and procedures of the College as published on Blackboard.