

## SUMMARY PROGRAMME SPECIFICATION

Course Title	BSc (Hons) Applied Sport, Health and Exercise
Awarding Body	University of East Anglia (UEA)
Level of Award	Undergraduate
Professional, Statutory and Regulatory Bodies Recognition	
Credit Structure	360 Credits Level 4: 120 Credits Level 5: 120 Credits Level 6: 120 Credits
Mode of Attendance	Full time
Standard Length of Course	3 years
Intended Award	BSc (Hons) Applied Sport, Health and Exercise
Fall-back Awards	Unclassified Degree (BA) – 300 credits Diploma of Higher Education (Dip HE) – 240 credits Certificate of Higher Education (Cert HE) – 120 credits
Entry Requirements	<ul style="list-style-type: none"> <li>• 64 UCAS Points</li> <li>• Mature candidates with life experience in professional or semi-professional work will be considered if they are able to demonstrate that they will be able to benefit from the course. This will be assessed through interview and an interview essay task.</li> <li>• Applications from international students with comparable qualifications are welcomed and benefit the student group in many ways – qualifications will be mapped through CCN's International Student Office.</li> </ul>
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 course.

### 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.

## SUMMARY PROGRAMME SPECIFICATION

### 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)<sup>1</sup>.

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
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

The 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 levels 4, 5 and 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 4			
	Higher Learning Skills  This module is designed to develop skills for successful higher education study (writing, referencing, critical thinking) and transferable employability skills. It is a core module across the degrees at City College Norwich.	20	Mandatory
	Sports Anatomy, Injuries and Rehabilitation  The module will provide knowledge into the function and structure of the human body in sport and exercise. Information in to the anatomy of human movement and	20	Mandatory

**SUMMARY PROGRAMME SPECIFICATION**

	performance, injury risk factors and the treatment of common sports injuries is also covered.		
	<p>Introduction Performance Analysis</p> <p>This module enables learners to understand the processes involved in analysing sports performance by engaging in laboratory and field-based assessments.</p>	10	Mandatory
	<p>Historical Development of Sport and PE</p> <p>This module is an introductory historical review of the origin and development of “Sport” and “PE” in the UK and a focus internationally on the Modern Olympic Movement. The purpose is to increase participant’s knowledge and understanding of how sport has been and continues to be shaped by prevailing social, cultural, political and economic conditions.</p>	10	Mandatory
	<p>Introduction to Exercise Physiology</p> <p>This module examines the essentials of exercise physiology, including concepts in energy, respiration, circulation, nervous control, endocrine secretions and muscular activity. It has a practical nature.</p>	20	Mandatory
	<p>Sports Coaching and Mentoring</p> <p>This module includes the fundamentals coaching; how to reflect on coaching practice of an observed peer, and how sport science practices can be applied to coaching, to affect improvement in individuals. It has a practical nature.</p>	20	Mandatory
	<p>Sports Massage</p> <p>This module 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. It has a practical element.</p>	20	Mandatory
<b>Level 5</b>			
	<p>Sport, Health and Exercise Research Skills</p> <p>The module will develop an appreciation of qualitative and quantitative methodology, research methods and critical thinking skills appropriate sport, exercise and fitness. This will provide a foundation for research at level 6.</p>	20	Mandatory
	<p>Sports Development and Management</p> <p>The module looks at effective management within the sport and leisure industry. For example, investigating</p>	20	Mandatory

**SUMMARY PROGRAMME SPECIFICATION**

	what sports development and management environments looks like, and the skills required to succeed and types of challenges that exist.		
	<p>Sports and Exercise Nutrition</p> <p>This module will provide an understanding of the current theories concerning the relationship between diet, lifestyle and health and the effect dietary intake can have on the body when performing physical activity.</p>	20	Mandatory
	<p>Sports and Exercise Psychology</p> <p>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. There are opportunities to consider concepts such as adherence, social influence, body-image and well-being</p>	20	Mandatory
	<p>Advanced Physiology and Laboratory Techniques</p> <p>This module explores and analyses the aerobic and anaerobic capacities of the human in terms of measured physiological responses to exercise stressors. It is practical in nature.</p>	20	Mandatory
	<p>Advanced Sports Coaching</p> <p>This module provides knowledge of coaching, theory, development and practice. Students will apply sport science theory to a coaching programme, it has a practical nature.</p>	20	Mandatory
<b>Level 6</b>			
	<p>Research Project</p> <p>This module will enable students to complete a major investigation in to a relevant topic of choice.</p>	40	Mandatory
	<p>Advanced Fitness and Training for Sport</p> <p>This module enables learners to carry out training regimes based on evidence-based practice incorporating strength and conditioning principles.</p>	20	Mandatory
	<p>Physical Activity and Health Promotion</p> <p>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.</p>	20	Mandatory
	<p>Sports Events and Entrepreneurship</p>	20	

## SUMMARY PROGRAMME SPECIFICATION

	This module involves students proposing, planning, implementing, reviewing and evaluating an actual relevant sport, health or fitness event.		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.

### Course Delivery

The course is mainly delivered at the City College Norwich, Ipswich Rd campus but with some teaching at other local venues. Students studying full-time will have 288 contact hours, plus a minimum of 3 hours for tutorials at Level 4 and Level 5. Final Year (Level 6) students receive 212 contact hours, plus 12 hours for tutorials and dissertations workshops. The contact hours will be a mix of lectures, seminars, practicals, simulated skills, subject tutorials 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, time constrained assessments, group work, presentations, practical demonstrations, portfolios, laboratory reports, research proposal and projects.

### 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.

## **SUMMARY PROGRAMME SPECIFICATION**

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.