

<b>Course Title</b>	BSc (Hons) Applied Sport, Health and Exercise
<b>Awarding Body</b>	University of East Anglia
<b>Level of Award</b>	Undergraduate L6
<b>Professional, Statutory and Regulatory Bodies Recognition</b>	i)
<b>Credit Structure</b>	360 Credits Level 4: 120 Credits Level 5: 120 Credits Level 6: 120 Credits
<b>Mode of Attendance</b>	Full time
<b>Standard Length of Course</b>	3 years
<b>Intended Award</b>	BSc (Hons) Applied Sport, Health and Exercise
<b>Fall-back Awards</b>	Ordinary Degree (BA) – 300 credits Diploma of Higher Education (Dip HE) – 240 credits Certificate of Higher Education (Cert HE) – 120 credits
<b>Entry Requirements</b>	<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. For International students we require evidence of proficiency in English (including writing, speaking, listening and reading), the required minimum is: IELTS (SELT) 6.0 overall (minimum 5.5 in all components)</li> </ul>
<b>Delivering Institution(s)</b>	City College Norwich
<b>CCN Course Code</b>	F0200
<b>UCAS Code</b>	C600

Course Structure

<b>Level 4</b>	
<p><b>Higher Learning Skills</b></p> <p>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.</p>	20
<p><b>Sports Anatomy, Injuries and Rehabilitation</b></p> <p>The module will provide knowledge into the function and structure of the human body in sport and exercise. Information into the anatomy of human movement and performance, injury risk factors and the treatment of common sports injuries is also covered.</p>	20
<p><b>Introduction Performance Analysis</b></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
<p><b>Historical Development of Sport and PE</b></p> <p>This module is an introductory historical review of origin and development of "Sport" and "PE" in the UK and a focus internationally on the Modern Olympic Movement. The purpose is to increase participation, knowledge and understanding of how sport has been and continues to be shaped by prevailing social, cultural, political and economic conditions.</p>	10
<p><b>Introduction to Exercise Physiology</b></p> <p>This module examines the essentials of exercise physiology, including concepts in energy, respiration, circulation, nervous control, endocrine secretions and muscular activity and is largely practical in nature practical.</p>	20
<p><b>Sports Coaching and Mentoring</b></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
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<p><b>Sports Massage</b></p> <p>This module provides the opportunity to consider 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
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<p><b>Level 5</b></p>	
<p><b>Sport, Health and Exercise Research Skills</b></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
<p><b>Sports Development and Management</b></p> <p>The module looks at effective management within the sport and leisure industry. For example, investigation what sports development and management environments look like, and the skills required to succeed and the types of challenges that exist.</p>	20
<p><b>Sports and Exercise Nutrition</b></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
<p><b>Sports and Exercise Psychology</b></p> <p>This module considers some of the approaches the sport psychologist can take to work with the athlete a 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
<p><b>Advanced Physiology and Laboratory Techniques</b></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
<p><b>Advanced Sports Coaching</b></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

<p><b>Level 6</b></p>	
<p><b>Research Project</b></p>	40

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