

Course Title	<p>BSc (Hons) Sport, Health and Exercise Science</p> <p>with optional pathways, offered in year two, and subject to a minimum of six students being maintained on any active pathway, in: -</p> <p>BSc (Hons) Sport, Health and Exercise Science (Fitness, Strength and Conditioning), or</p> <p>BSc (Hons) Sport, Health and Exercise Science (Coaching and Development)</p>
Awarding Body	University of East Anglia
Level of Award	BSc (Hons)
Professional, Statutory and Regulatory Bodies Recognition	n/a
Credit Structure	360 credits (120 and each of Level4, Level 5 and Level6)
Mode of Attendance	Full Time
Standard Length of Course	3 years
Intended Award	<p><u>Main Pathway</u></p> <ul style="list-style-type: none"> • BSc (Hons) Sport, Health and Exercise Science <p><u>Optional pathways (subject to conditions)</u></p> <ul style="list-style-type: none"> • BSc (Hons) Sport, Health and Exercise Science (Fitness, Strength and Conditioning) • BSc (Hons) Sport, Health and Exercise Science (Coaching and Development)
Fall-back Awards	<p>Certificate of Higher Education 120 credits Level 4</p> <p>Diploma of Higher Education 240 credits Level 5</p>
Entry Requirements	<ul style="list-style-type: none"> • Our typical offer is 64 UCAS tariff points from A levels or equivalent. • A minimum of GCSE maths, English and science (preferred) grade 4/C or above or National Literacy and Numeracy tests at Level 2 or 3 • UCAS points from Scottish Highers or Advanced levels are accepted. • UCAS tariff points from BTEC or City and Guilds diplomas are accepted. • Open University credits in lieu of A levels • Access to HE Diplomas at Pass level with suitable science content. <p>Applications from students whose first language is not English are welcome. For International students we require evidence of proficiency in English (including writing, speaking, listening and reading); the required minimum is IELTS Academic (SELT) 6.0 overall (minimum 5.5 in all components). Please contact the Admissions Team for advice and guidance.</p>



Delivering Institution(s)	City College Norwich
CCN Course Code	F0080
UCAS Code	C603

Course Structure

Level 4 Modules – Applicable to all pathways	
<p>Professional and Academic Skills</p> <p>Professional and Academic Skills is a core module and designed to aid your success in your programme of study.</p> <p>This module aims to:</p> <ul style="list-style-type: none"> • to provide a framework of professional and academic skills at undergraduate level • to promote your recognition of the value of research, critical analysis and reporting in the context of your programme specialism • to aid in the identification and development of a developmental approach to learning and to the professional skills required for employment. 	20
<p>Anatomy and Human Movement</p> <p>The module is designed to give students knowledge of the function in relation to the structure of the human body in sport and exercise. The module will aid further understanding in higher and subsequent modules to enable a better comprehension of anatomy of human movement and performance. Student will learn the key theoretical concepts and principles of biomechanics and how to apply them to human movement.</p> <p>Students will explore a range of fundamental bodyweight movement patterns and how to progress these using resistances training, gymnastics, plyometrics and weightlifting. Fault identification and error correction will form a strong theme along with exploring the methods of coaching delivery.</p> <p>Students will be expected to extensively practice the techniques to form foundation of competency to build off in subsequent modules.</p>	20
<p>Community Coaching and Development</p> <p>This module enables students develop their understanding of the coaching process and to develop their coaching skills in both theoretical and practical situations. A coaching philosophy will be developed.</p> <p>Students will investigate the planning of coaching sessions (both short term and long term), coaching methods for working with individuals / teams, the influence of other factors that impact coaching, coaching skills and how the coach develops those skills. The module will also include exploration of sports development initiatives and increase the students' awareness of key concepts within sports development. Students will be expected to contribute to the development of a local initiative.</p>	20

<p>Health & Fitness</p> <p>The module aims to introduce students to fundamental principles, methods and practical techniques associated with health, fitness, strength and conditioning through a range of lectures, workshops and practicals. Through this technical and theoretical knowledge, this module aims to provide students with a set of coaching tools which when applied appropriately, enhance health and fitness for a range of populations.</p>	<p>20</p>
<p>Sport & 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. Exercise physiology will be studied in a pre-exercise, exercise and post-exercise style.</p>	<p>20</p>
<p>Sports Therapy</p> <p>The module aims to introduce skills in identifying risk factors in sports performance for injury and minimising the potential for occurrence. The identification and treatment of common sports injuries is also examined. This module also 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. Learners will develop the skills to conduct subjective and objective assessments, which will cover active, passive, and resisted range of movements, detailed postural analysis and functional testing. On completion, the student will be able to demonstrate pre- and post-massage, ensuring that employment standards are maintained. In addition, the student will be made aware of commercial opportunities and progression into the field of sport massage.</p> <p>Note: Completion of this module does not entitle the student to practice professionally but will cover content related to Level 4 Sports Massage Therapy qualifications.</p>	<p>20</p>

Level 5	
<p>Coaching and Mentoring (Applicable to all pathways)</p> <p>This module enables learners to further develop their knowledge, understanding and practical application of the coaching process from Level 4. Students will develop short term and long-term coaching plans; further develop and refine coaching methods to improve performance of individuals / teams; develop strategies and tactics to improve performance considering the wider coaching environment; demonstrate a good technical knowledge of their own sport; promote their own coaching philosophy through theory and practical situations. Students will explore the application of their own coaching skills and observe the coaching skills of peer coaches.</p> <p>This module will also provide an introduction to mentoring; how it can be used to develop the coaching process of a coach, the skills required to mentor, reasons for mentoring. Students will be required to undertake mentoring of a peer coach.</p>	20
<p>Health Promotion, Physical Activity and Behaviour Change (Applicable to all pathways)</p> <p>The module will discuss current health policies in the UK associated with lifestyle choices and the barriers that are faced in their application. Learners will begin to explore and understand the responsibilities of practitioners who have a role in delivering physical activity and health improvement interventions.</p> <p>This module also explores a wide range of theoretical and practical issues alongside the psychological processes associated with health improvement, health promotion, lifestyle management and behaviour change. By understanding these issues, learner will be expected to work closely with staff, industry, and fellow students to propose a behaviour change intervention to improve the health and lifestyle of a population.</p>	20
<p>Nutrition for Health, Fitness and Performance (Applicable to all pathways)</p> <p>This module will introduce the components of nutrition that support health and exercise across a lifetime. The module will investigate “fad” diets and analyses their efficacy. Learners will analyse a range of individual diets and be able to make recommendation for change to improve health and support fitness. Nutrition in the context of sports performance will be discussed including a review of the current science behind the use of supplements to improve performance.</p> <p>The module will also explore nutrition from a historical perspective by investigating the influence of food politics and how the government and corporate interests shape food policy and national / international guidance on what we should eat to remain healthy.</p>	20

<p>Sport, Health and Exercise Research Skills (Applicable to all pathways)</p> <p>This module is designed to enable participants to further develop the learning and development skills introduced in the Higher Learning Skills module in year 1 (or its equivalent). It provides the opportunity for students to focus on practice-based research and evaluation skills.</p> <p>The module will develop an appreciation of qualitative and quantitative methodology, research methods and critical thinking skills appropriate to the subject area. This will provide a foundation for research at level 6.</p>	20
<p>Sport and Exercise Psychology (Applicable to all pathways)</p> <p>Applied sport psychology is increasingly being used by athletes, coaches, and management to achieve and maintain world class performance in a highly competitive realm. 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. Learners will develop their understanding of the importance of a solid theoretical approach to all applied work and consider the significance of providing psychological support beyond the traditional interventions. In keeping with the increasing importance of exercise and lifestyle physical activity in public health, the module will also explore the tenets of exercise psychology particularly with reference to models of behavioural change. There will be opportunity also to consider further exercise psychology concepts such as adherence, social influence, body-image and well-being.</p>	20
<p>Sports Development & Management (Applicable to Coaching and Development Pathway only)</p> <p>This module determines the skills necessary for effective management within the sport and leisure industry, including marketing, people management and financial, economic, legal and ethical principles. Students will develop a critical understanding of what the sports development and sports management environment looks like, the skills required to succeed and types of challenges that exist.</p>	20
<p>Strength and Conditioning Methods (Applicable to Fitness, Strength and Conditioning pathway only)</p> <p>The module aims to build upon the fundamental principles, methods and practical techniques introduced in Strength and Conditioning Method One through a range of lectures, workshops and practical. The module will give students the practical skills that will enable the planning and delivery of safe and effective medium-term exercise programmes in a variety of settings.</p> <p>The focus is on developing intermediate level practical skills and theoretical knowledge of a coach, fitness instructor and personal trainer in the strength, conditioning and fitness industry whilst exploring, practicing, and evaluating different training systems.</p>	20

<p>Exercise Physiology and Laboratory Techniques (Applicable to Sport, Health and Exercise Science pathway only)</p> <p>Learners will explore and analyse the human aerobic and anaerobic capacities in terms of measured physiological responses to exercise stressors. Learners will witness how the body adapts to acute exercise stressors and will learn how humans adapts when exposed to chronic exercise stressors. Learners will be exposed to a range of industry standard human performance testing procedures and required to be proficient in delivery and evaluation of these procedures.</p>	20

Level 6	
<p>Applied Professional Practice (Applicable to all pathways)</p> <p>The purpose of this module is to apply a range of professional techniques learned from previous modules at level 4 and 5. Students will be required to work closely with an individual to assess their strength and areas for improvement. They will then need to prepare and deliver a training program to effect positive change. Finally, students will review the effectiveness of their training program and make recommendation for change.</p>	20
<p>Research Project (Dissertation) (Applicable to all pathways)</p> <p>This module will enable students to demonstrate that they can take substantial responsibility for their own learning. It does this by offering them the opportunity to choose, undertake and report upon a major investigation of a selected topic relevant to the sport, health and exercise industry. By challenging students to manage their own learning, the research project makes a major contribution to the honour's classification process.</p>	40
<p>Sports Events & Entrepreneurship (Applicable to all pathways)</p> <p>In the process of proposing, planning, implementing, reviewing and evaluating an actual event, students will need to integrate market research, marketing, human resource management, leadership, health and safety issues, security, logistical and financial management in an appropriate way. The emphasis is on the processes that surround the actual event itself.</p>	20
<p>Performance Analysis (Applicable to all pathways)</p> <p>Performance analysis is firmly rooted at elite playing standards and evidence derived from analyses provides an opportunity to critically appraise performance. This module enables learners to understand the processes involved in analysing sports performance and will allow the application of theory to practice. Using video footage, learners will observe performance and handle, disseminate and generate insights from the data collected, with a view to appraise performance.</p>	20
<p>Coaching in a Performance Setting (Applicable to Coaching and Development Pathway only)</p> <p>This unit is designed for someone who is working in or wishes to work within a performance setting. It will critically analyse issues within coaching performance athletes as well as being part of a multidisciplinary team; as</p>	20

<p>such it will be of interest to coaches or sports scientists who wish to develop the skills necessary to work in an integrated performance setting.</p> <p>This unit will be studied within the context of a) Models for Athlete Development and b) the UK Coaching Certificate learning outcomes/skills.</p> <p>The aim of the module is to:</p> <ul style="list-style-type: none"> • Acquire a theoretical and practical understanding of coaching practices in relation to optimising sports performance. • Gain an insight into the issues associated with implementing a talent ID and talent development model in a performance setting. • Develop an understanding of the multidisciplinary processes behind coaching in a performance setting. • Examine and critique the scientific bases behind the coaching practices commonly used in a performance setting. 	
<p>Exercise for Specific Populations (Applicable to both Sport, Health and Exercise Science; and Fitness and Conditioning Pathways)</p> <p>This module is intended to examine the importance of exercise for optimal health and longevity across a lifespan. Exercise is important in lowering the risk of a wide variety of chronic diseases and, as a non-pharmacological intervention; it is an essential part of the rehabilitation process for people with a range of different socio-economic groups. Exercise can have both a preventative and management role if prescribed appropriately. It is vital that exercise programs are modified and prescribed relative to specific populations. The population groups studied can include: children, elderly, ante/post-natal, disabilities and those with chronic diseases such as coronary heart disease (CHD), diabetes, obesity, asthma.</p>	<p>20</p>