University of Suffolk

DEFINITIVE COURSE RECORD

Course Title	**BSc (Hons) Sport and Exercise Science**
Awarding Bodies	**University of Suffolk**
Level of Award[1]	**FHEQ Level 6**
Professional, Statutory and Regulatory Bodies Recognition	**The National Strength and Conditioning Association (NSCA) Education Recognition Program**
Credit Structure[2]	**360 Credits** **Level 4: 120 Credits** **Level 5: 120 Credits** **Level 6: 120 Credits**
Mode of Attendance	**Full-time and part-time**
Standard Length of Course[3]	**3 years full-time**
Intended Award	**BSc (Hons) Sport and Exercise Science**
Named Exit Awards	**DipHE Sport and Exercise Science** **CertHE Sport and Exercise Science**
Entry Requirements[4]	**Typical Offer:** **112 UCAS tariff points (or above), BBC (A-Level), DMM (BTEC) or Access to HE Diploma – a minimum of 30 Level 3 credits at merit grade or above.** **Students taking A-Levels will be required to have a science or technology subject, which may include P.E., Psychology, Sport Science and I.T.** **Students taking a BTEC qualification will need to be studying a Sports Studies/Science related subject.**
Delivering Institution(s)	**Ipswich**
UCAS Code	**C600**

This definitive record sets out the essential features and characteristics of the BSc (Hons) Sport and Exercise Science course. The information provided is accurate for students entering level 4 in the 2025-26 academic year[5].

[1] For an explanation of the levels of higher education study, see the QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2024)
[2] All academic credit awarded as a result of study at the University adheres to the Higher education credit framework for England.
[3] Where the course is delivered both full-time and part-time, the standard length of course is provided for the full-time mode of attendance only. The length of the part-time course is variable and dependent upon the intensity of study. Further information about mode of study and maximum registration periods can be found in the Framework and Regulations for Undergraduate Awards.
[4] Details of standard entry requirements can be found in the Admissions Policy and further details about Disclosure and Barring Checks (DBS) can be found on the University's DBS webpage
[5] The University reserves the right to make changes to course content, structure, teaching and assessment as outlined in the Admissions Policy.

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Course Summary

BSc (Hons) Sport and Exercise Science is the scientific study of human responses and adaptations to physical activity, exercise and sport. It includes the study of physiology (including nutrition), biomechanics and psychology. And then strength and conditioning can be considered a 'fourth pillar', in that it combines the three other subject disciplines and considers how we apply our knowledge to improve the strength and conditioning of people ranging from clinical patient groups to elite athletes. In broad terms, it is possible to split each of those specialist areas of study into two main themes: (1) sports performance, and (2) exercise, physical activity, health and wellbeing. This degree is accredited by the National Strength and Conditioning Association (NSCA). In the NCSA's Council on Accreditation of Strength and Conditioning Education words, accreditation "means your programme adheres to the highest standards of excellence".

By studying with us, you benefit from our enviable industry connections with elite sport and exercise science companies such as STATSports, with whom we are a global university partner. We have outstanding specialist facilities in our Human Performance Laboratories and Performance Analysis Suite, where you can develop employment-ready practical skills, and apply the knowledge you learn on the degree.

Throughout your degree we support you as an individual, to make sure you make the right choices for your learning and eventual graduate career. Since our state-of-the-art facilities mirror the settings found in the best professional environments, you leave our university with valuable skills demanded by both elite sport performance science, and healthcare science employers. Some of our recent graduates have secured work for specialist, high-profile organisations, thanks to the expertise attained during their studies. These include Arsenal FC, Papworth Hospital NHS Foundation Trust, and elite sport science support roles in the USA. Your opportunities are vast.

The importance of developing autonomous learners cannot be overlooked. Another key philosophy is one of students being able to develop themselves and recognize their own academic, career and personal development needs. Teaching staff are passionate about their subject and enjoy engaging with and enthusing you in their subject.

Course Aims

1. Equip students with a strong foundation in the core disciplines of sport and exercise science, enabling them to apply this knowledge effectively.
2. Prepare students for successful careers in the sport and exercise field, as well as general graduate-level employment, by developing relevant skills.
3. Develop and refine students' abilities in data analysis, interpretation, and the clear communication of scientific findings.
4. Develop students' critical evaluation skills, enabling them to assess contemporary sport and exercise science research.
5. Provide students with a comprehensive understanding of the influence of behaviour, exercise, and human movement on sports performance, health, and physiological function.

6. Explore multidisciplinary approaches to enhancing health and performance, emphasizing the benefits of integrating core sport and exercise science disciplines.
7. Train students to monitor health and performance using validated protocols and to be able to devise evidence-based interventions for improvement.
8. Foster students' development as independent learners, capable of pursuing lifelong learning and professional development.

Course Learning Outcomes

It is important to set out clearly what you can expect to gain from studying on this course. These expectations are presented in terms of *learning outcomes*, i.e. statements defining areas of knowledge, understanding and specific abilities and skills you will be able to demonstrate on completion of the course.

1. Demonstrate systematic knowledge of contemporary sport and exercise science research evidence.
2. Demonstrate systematic knowledge of the acute responses to exercise, and the relationship between exercise training, health and performance.
3. Critically analyse the validity and reliability of a range of health and performance testing protocols/procedures.
4. Critically evaluate the significance of testing results with respect to normative data
5. Obtain and integrate peer reviewed evidence to formulate and test hypotheses relevant to sport and exercise science.
6. Design, plan, and conduct a sport and exercise science investigation, and critically evaluate the significance of the findings of the research.
7. Demonstrate problem solving techniques, including the ability to collate and analyse original data and draw conclusions from them.
8. Exercise initiative and personal responsibility in undertaking a task (e.g. Research Project).

Course Design

The design of this course has been guided by the following (QAA)[6] Benchmarks:

- Hospitality, Leisure, Sport and Tourism benchmark statements (2019)

[6] As set out in the QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2024)

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Course Structure

The BSc (Hons) Sport and Exercise Science comprises modules at levels 4, 5 and 6.

Module Specifications for each of these modules is included within the course handbook, available to students on-line at the beginning of each academic year.

Level 4

Module Code and Title	Credits	Module Type[7]
Principles of Psychology and Coaching	30	R
Principles of Physiology and Nutrition	30	R
Foundations of Sports Performance Analysis	15	R
The Biomechanics of Strength and Conditioning	30	R
Suffolk Graduate 1	15	M

Level 5

Module Code and Title	Credits	Module Type
Data Visualisation	15	R
Physical Activity, Nutrition and Public Health	30	R
Supporting Athletes in High Performance Sport	30	R
Enhancing Psychological Performance	30	R
Suffolk Graduate 2	15	M

Level 6

Module Code and Title	Credits	Module Type
Contemporary Issues in Clinical Exercise Physiology and Sports Medicine	30	R

[7] Modules are designated as either mandatory (M), requisite (R) or optional (O). For definitions, see the Framework and Regulations for Undergraduate Awards

Athlete Conditioning for High Performance Sport	30	R
Talent Development and Elite Environments	15	R
Nutrition for Sport and Exercise	15	R
Research Project	30	M
Suffolk Graduate 3	0	Learning Hub

Awards

On successful completion of the course, students will be awarded a BSc (Hons) Sport and Exercise Science. Students who leave the course early may be eligible for a DipHE Sport and Exercise Science on successful completion of 240 credits including all mandatory modules at levels 4 and 5, or a CertHE Sport and Exercise Science on successful completion of 120 credits including all mandatory modules at Level 4.

Course Delivery

The course is delivered at Ipswich. Students studying full-time on the BSc (Hons) Sport and Exercise Science course are likely to have approximately 250 tutor structured learning hours for Level 4, 225 tutor structured learning hours for Level 5, and 200 tutor structured learning hours for Level 6. Tutor structured learning hours, which are a blend of face-to-face and online provision, will be a mix of lectures, practical activities, workshops and seminars. Students will normally be expected to undertake approximately 20 hours of independent study/practice in an average week, but should be prepared for this to vary based on assignment deadlines and class exercises.

Course Assessment

A variety of assessments will be used on the course to enable students to experience and adapt to different assessment styles. The assessment methods used will be appropriate to assess each module's intended learning outcomes. Assessment on the course overall will be majority coursework (including essays, podcast, presentations, research project and practical observations) with some practical assessments.

Course Team

The BSc (Hons) Sport and Exercise Science course is offered within the School of Allied Health Sciences. All staff are qualified in their subjects with their own specialist knowledge to meaningfully contribute to the course.

Course Costs

Students undertaking BSc (Hons) Sport and Exercise Science will be charged tuition fees as detailed below:

Student Group	Tuition Fees

Full-time UK	£9,535 per year
Part-time UK	£2,384 per 30 credit module
Full-time EU/International	£15,690 per year
Part-time EU/International	£3,923 per 30 credit module

Payment of tuition fees is due at the time of enrolment and is managed in accordance with the Tuition Fee Policy.

Students may choose to incur other costs for University/degree branded sports clothing, although this is entirely optional. As are memberships to professional societies. They are encouraged, but optional.

Academic Framework and Regulations

This course is delivered according to the Framework and Regulations for Undergraduate Awards and other academic policies and procedures of the University and published on the website.