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	**None**
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 subject, which may include P.E., Psychology or Sport Science.** **Students taking a BTEC qualification will need to be studying a Sports Studies/Science related subject.**
Delivering Institution(s)	**University of Suffolk**
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 2024-25 academic year.[5]

Course Summary

BSc (Hons) Sport and Exercise Science is the application of scientific principles to sport and exercise. These scientific principles include the study of physiology (including nutrition),

[1] For an explanation of the levels of higher education study, see the QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2014)
[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.

biomechanics and psychology. Physiology is the branch of Sport and Exercise Science that explores how the body responds to adapts to exercise training, biomechanics explores the causes and consequences of human movement, and in Psychology we investigate the interaction between mind and body, in an attempt to explain human behavior. We explore how these scientific principles play a role in (i) sport and exercise performance, and (ii) general physical activity, health and wellbeing.

The degree emphasises the importance of the scientific method and empirical evidence. We are an applied science, so subject matter will prepare students for the exciting variety of professional employment on offer within our areas of expertise. One of the key design and delivery principles of the degree is that students will be able to use advanced equipment to develop important practical skills, that both prepare them for employment and support their learning of theoretical science.

Course Aims

1. Enable students to make effective use of their knowledge and understanding of the disciplines underpinning sport and exercise science
2. Provide students with the knowledge and skills required for employment, both within the field of sport and exercise, and general graduate level employment
3. Develop skills necessary for data analysis, interpretation and the coherent communication of scientific information
4. Provide students with the skills required to critically evaluate contemporary sport and exercise science research literature
5. Provide students with an understanding of the influence of behaviour on sports performance, exercise and health
6. Provide students with an understanding of the influence of exercise on physiological function for health and performance
7. Provide students with an understanding of the influence of human movement on exercise performance
8. Provide students with an understanding of multidisciplinary approaches used to enhance health and performance; how the use of more than one of the core disciplines of sport and exercise science will likely enhance health or performance outcomes
9. Develop a student's ability to monitor health and performance using validated testing protocols, and prescribe evidence-based interventions to improve health or performance outcomes
10. Enable students to become independent learners.

Course Learning Outcomes

The following statements define what students graduating from the BSc (Hons) Sport and Exercise Science 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 6 awards as set out by the UK Quality Assurance Agency (QAA).[6]

On successful completion of the course, students should be able to:

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 analyze original data and draw conclusions from them.
8. Exercise initiative and personal responsibility in undertaking a task (e.g. Dissertation).

Course Design

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

- Hospitality, Leisure, Sport and Tourism (2019)

Course Structure

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

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

[6] As set out in the QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2014)

	Module	Credits	Module Type[7]
Level 4			
	Science in Sport	20	R
	Introduction to Sport and Exercise Psychology	20	R
	Introduction to Sport and Exercise Biomechanics	20	R
	Introduction to Sport and Exercise Physiology	20	R
	Introduction to Strength and Conditioning	20	R
	Practical Skills for Exercise Testing and Prescription	20	R
Level 5			
	Research Methods and Statistics	20	M
	Sport and Exercise Psychology	20	M
	Sport and Exercise Biomechanics	20	M
	Sport and Exercise Physiology	20	M
	Health Promotion	20	M
	Strength and Conditioning	20	M
Level 6			
	Dissertation for Sport and Exercise Science	40	M
	Psychosocial Performance Analysis	20	O
	Clinical Exercise Biomechanics	20	O
	Physical Conditioning for Elite Athletes and Team Sports	20	O
	Clinical Exercise Physiology and Sports Medicine	20	O
	Nutrition for Health and Sport Performance	20	O
	Professional Practice	20	O

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.

Course Delivery

The course is delivered at Ipswich. Students studying full-time on BSc (Hons) Sport and Exercise Science are likely to have approximately 240 tutor-structured learning hours for Level 4, 240 tutor-structured learning hours for Level 5, and 170 tutor-structured learning hours for Level 6. The Tutor-structured learning hours, which will be a blend of face-to-face and online provision, will be a mix of lectures, practical activities, seminars, and workshops. Students will normally be expected to undertake approximately 20 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

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 approximately majority coursework (including, essays, reports, presentations, research projects and practical observations) and some 'traditional' exams.

Course Team

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	£9,250 per year
Part-time UK	£1,454 per 20 credit module
Full-time EU/International	£15,210 per year
Part-time EU/International	£2,535 per 20 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.