

Life and Medical Sciences

Title of Programme: Sport and Exercise Science

Programme Code: HHSP0

# Programme Specification

This programme specification is relevant to students entering:  
23 September 2014

Associate Dean of School (Academic Quality Assurance):  
Philomena Shaughnessy

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Signature

# Programme Specification Sport and Exercise Science

This programme specification (PS) is designed for prospective students, enrolled students, academic staff and potential employers. It provides a concise summary of the main features of the programme and the intended learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the teaching, learning and assessment methods, learning outcomes and content for each module can be found in Definitive Module Documents (DMDs) and Module Guides.

## Section 1

<b>Awarding Institution/Body</b>	University of Hertfordshire
<b>Teaching Institution</b>	University of Hertfordshire
<b>University/partner campuses</b>	College Lane Campus/de Havilland Campus
<b>Programme accredited by</b>	Not applicable
<b>Final Award</b>	BSc (Hons)
<b>All Final Award titles</b>	Sport and Exercise Science Sport and Exercise Science (Sandwich) Sport and Exercise Science with a Year Abroad
<b>FHEQ level of award</b>	6
<b>UCAS code(s)</b>	C600

### A. Programme Rationale

The principal purpose of this programme is to provide a multi-disciplinary graduate education in Sport & Exercise Science, with the objective of producing graduates who have the necessary scientific knowledge and technical skills to work in a laboratory, gym-based or field setting in sport, health and exercise. The programme is structured around four main disciplines related to Sport & Exercise Science, which are:

1. Biomechanics
2. Physiology
3. Psychology
4. Nutrition

The programme includes interdisciplinary aspects of Sport & Exercise Science such as exercise testing and training, strength and conditioning and exercise and health promotion. It includes research design and also provides the opportunity for students to plan and carry out an applied independent research project and to undertake a substantial amount of work experience in a sport and exercise environment.

### B. Educational Aims of the Programme

The programme has been devised in accordance with the University's general educational aims of programmes of study as set out in [UPR TL03](#).

#### **Additionally this programme aims to:**

- Enable students to develop a thorough knowledge and understanding of the scientific disciplines relevant to the human being during sport and exercise
- Provide experience of, and ability in, the testing and assessment of physical, psychological and physiological performance during exercise and sport in field based and laboratory settings
- Provide insight into the relationships between health and exercise
- Enhance the post-graduation prospects of students by stimulating the further development of the students' intra- and inter-personal skills and thus preparing them for a wide variety of graduate employment or further training

### C. Intended Learning Outcomes

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The programme provides opportunities for students to develop and demonstrate knowledge and understanding, skills and other attributes in the following areas. The programme outcomes are referenced to the Framework for Higher Education Qualifications in England, Wales and Northern Ireland (2008), and relate to the typical student. Additionally, the SEEC Credit Level Descriptors for Further and Higher Education 2010 have been used as a guiding framework for curriculum design.

<b>Knowledge and Understanding of:</b>	<b>Teaching/learning methods &amp; strategies</b>	<b>Assessment</b>
<p>A1 The disciplines (anatomy, physiology, biochemistry, psychology, nutrition or biomechanics) underpinning human structure and function at rest and during sport and exercise.</p> <p>A2 The scientific skills needed to monitor, assess and evaluate the responses either psychological and/or physiological of human subjects to sport and exercise in the field and laboratory setting.</p> <p>A3 The relationship between health, and sport and exercise in a range of participant groups.</p> <p>A4 The processes and techniques involved in the delivery of enhanced sport performance.</p> <p>A5 If studying for BSc (Hons): plan, organise and perform an applied independent research project in the field of sports and exercise science.</p>	<p>Acquisition of knowledge and understanding is a focus across levels 4, 5 and 6.</p> <p>A1 is achieved through a combination of lectures, practicals, workshops and tutorials; coursework; laboratory, gym based and field work at levels 4, 5 and 6.</p> <p>A2 is predominantly achieved at levels 5 and 6 and is achieved through a combination of lectures, practicals, workshops and tutorials; coursework; laboratory, gym based and field work.</p> <p>A3 is achieved in several modules at Levels 5 and 6 e.g. Exercise Physiology, Exercise and Health Promotion.</p> <p>A4 is achieved in several modules at Levels 5 and 6 e.g. Advanced Testing and Training in Sport and Exercise, Adaptive and Performance Physiology.</p> <p>A5 is achieved for those students working towards an Honours award, by the planning, execution and production of an applied independent research project</p> <p>Throughout, the learner is encouraged to undertake independent study both to supplement and consolidate what is being taught/learnt and to broaden their individual knowledge and understanding of the subject.</p>	<p>Knowledge and understanding are assessed through: a combination of unseen examinations (A1-A4) and assessed in-course assessments (A1-A5), in the form of laboratory reports (A1-A4), literature reviews (A1, A3-A5), design exercises such as the production of videos (A1, A3, A4), oral/poster presentations (A1-A5) and project reports (A5).</p>

<b>Intellectual skills - able to:</b>	<b>Teaching/learning methods &amp; strategies</b>	<b>Assessment</b>
<p>B1 Critically analyse data with appropriate statistical tests with a well-founded</p>	<p>Acquisition of intellectual skills is a focus across levels 4, 5 and 6.</p>	<p>Intellectual skills are assessed through: a combination of assessed in-</p>

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<p>appreciation of the implications of the results.</p> <p>B2 Demonstrate at a level appropriate to the award, a critical approach in enquiry and a readiness to test hypotheses.</p> <p>B3 Apply knowledge in solving routine and novel problems.</p> <p>B4 Conceptualise and hypothesise, rationally and appropriately, on the basis of known data and facts.</p> <p>B5 Adopt responsibility for their own learning and continuing professional development through both academic and professional reflective practice.</p>	<p>B1-B5 are developed throughout the programme in all of the methods and strategies outlined in section A.</p> <p>For example, some written assessments are based upon problem solving scenarios; others are based upon critical reflection upon professional practice; some presentations are based upon summarizing research findings, and others involve critiques of published work.</p> <p>Intellectual skills are further developed through critical thinking exercises in lectures, practicals, workshops and tutorials.</p> <p>Throughout, the learner is encouraged to develop intellectual skills further by independent study.</p>	<p>course assessments in the form of laboratory reports (B1-B4), problem solving exercises (B3, B4) and project reports (B1-B5).</p> <p>B5 is demonstrated in many assignments and activities, as well as through the formal Graduate and Professional Skills modules.</p> <p>Further assessment includes assessment of project design (B3, B5), data analysis (B2, B4) and extraction of sound conclusions based on gathered data analysis (B1-B5).</p>
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<b>Practical skills - able to:</b>	<b>Teaching/learning methods &amp; strategies</b>	<b>Assessment</b>
<p>C1 Demonstrate appropriate laboratory and field skills, including safe and ethical working practices.</p> <p>C2 Perform effective literature searches using a range of databases.</p> <p>C3 Effectively use software packages for a range of scientific and general purpose functions such as word processing, data analysis, statistical analysis and oral/poster presentations.</p>	<p>Acquisition of practical skills is a focus across levels 4, 5 and 6.</p> <p>C1-C3 are developed through an extensive series of practical classes and workshops at all levels.</p> <p>C1 is achieved in several modules e.g. Exercise Physiology, Advanced Testing and Training in Sport and Exercise, Adaptive and Performance Physiology</p> <p>Throughout, the learner is expected to consolidate their development of practical computing skills by use of computers available in the laboratories and Learning Resources Centres.</p>	<p>Practical skills are assessed through laboratory classes (C1), practical sessions (C1), workshops (C2), practical assessments (C1) and coursework assignments (C1-C3).</p>

Transferable skills - able to:	Teaching/learning methods & strategies	Assessment
<p>D1 Communicate effectively with others using a variety of formats.</p> <p>D2 Effectively use a range of information sources.</p> <p>D3 Organise and present intellectual argument commensurate with the level of award.</p> <p>D4 Work effectively both alone (e.g. on assignments or during the applied independent research project) and as part of a team (e.g. in group work, during group discussions and workshops).</p> <p>D5 Be numerate at a level appropriate to the programme.</p> <p>D6 Use information technology effectively and appropriately.</p> <p>D7 Develop the skills required for continued self-managed professional activity.</p>	<p>Acquisition of transferable skills is a focus across levels 4, 5 and 6.</p> <p>D1-D7 are developed through a series of lectures, practicals, workshops and tutorials; coursework; laboratory, gym based and field work at levels 4, 5 and 6.</p> <p>The Applied Independent Research Project encourages students to develop a variety of transferable skills (D1-D6).</p> <p>Students will develop their skills on a variety of different software packages that are used to complete the in-course assessments across levels 4, 5 and 6 (D6).</p> <p>At levels 4 and 5, the zero-credit modules, Professional and Graduate and Professional Skills are used as a framework for the tracking and development of personal and transferable skills.</p> <p>Throughout, the learner is encouraged to develop transferable skills by maintaining a record of evidence and completing a personal development plan.</p>	<p>Transferable skills are assessed through a range of in-course assessments, in the form of laboratory reports/training plans/dietary analyses (D1-D6), oral/poster presentations (D1-D6), practical assessments (D1, D3) and group projects (D1, D4).</p> <p>The Applied Independent Research Projects assesses a variety of transferable skills (D1-D6).</p> <p>The Graduate and Professional Skills modules formatively assess the students' ability to track the development of their own transferable skills such as problem solving, group working or self-evaluation and reflective practice. These modules must be passed for progression to the next level of study.</p>

## D. Programme Structures, Features, Levels, Modules, and Credits

The programme is offered in full-time (3 years), sandwich (4 years), study abroad (4 years) and part-time modes (6 years). Entry is normally at Level 4, with suitable A level or equivalent qualifications but is possible at Levels 5 or 6 with suitable qualifications (e.g. successful completion of Level 4 or 5 of comparable degrees elsewhere). Intake is normally Semester A (September).

The course structure and progression information below is provided for the honours award (Table 1). The programme learning outcomes detailed in Section C are developed and assessed through the constituent modules. Table 4 identifies where each learning outcome is assessed.

### Work-Based Learning, including Sandwich Programmes

A designated sandwich programme leads to a University award in the sandwich mode and the word "sandwich" appears on the award certificate. An award in the sandwich mode is made if at least 48 weeks of approved, supervised work experience is undertaken in addition to the period required for the full-time award. The placement may be completed in the United Kingdom or abroad. A year abroad is deemed to be no less than 2 semesters in the approved host institution. The student's progress is monitored by visits from the University's academic staff within the United Kingdom and by phone or video conferencing if the student is abroad. Students are required to document this period of work in

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accordance with the guidelines produced by the Department of Human and Environmental Science. Students will be registered on EITHER the Sandwich Placement: Sport (6LMS0036) or Year Abroad: Sport (6LMS0054) modules.

Students who have not achieved the minimum progression requirements at the end of Level 5 may be prevented from undertaking a sandwich placement. Additionally, students on placement, but who have Level 4 or 5 modules to repeat will not be allowed to re-enrol on these modules until they return from placement. This is to avoid conflict between UH attendance requirements and the student's commitments to their employer. Students, who do not take sandwich option, progressing directly to Level 6, are automatically transferred to the full-time mode.

We encourage students to participate in work experience. It is the responsibility of the student to negotiate with the host organisation where detailed arrangements of timing, location and content of their work experience are a course requirement. Students undertaking the Work Experience in Sport, Health and Exercise are required to complete a minimum of 70 hours within the workplace and to submit a portfolio including a written report and a reflective piece to demonstrate their employability skills (6LMS0047).

### Programme Structure

The programme structure and progression information below (Tables 1a and 1b) are provided for the award. Any interim awards are identified in Table 1b. The Programme Learning Outcomes detailed above are developed and assessed through the constituent modules. Table 2 (in section 2) identifies where each learning outcome is assessed.

Table 1a Outline Programme Structure

**Mode of study:** Full time, Part time, Sandwich, Year Abroad

**Entry point:** Semester A

**Level:** 4 Sport & Exercise Science

	Module Code	Credit Points	Language of Delivery	% Examination	% Coursework	% Percentage Practical	Semesters
<b>Compulsory Modules</b>							
Module Title							
Foundations of Anatomy and Biomechanics: Sport and Exercise Science	4LMS0032	30	English	0	60	40	AB
Foundations of Nutrition	4LMS0030	15	English	50	50	0	B
Foundations of Human Physiology	4LMS0028	30	English	40	60	0	AB
Foundations of Exercise Testing and Training	4LMS0029	15	English	0	30	70	A
Foundations of Sport and Exercise Psychology	4LMS0031	30	English	0	100	0	AB
Graduate and Professional Skills 1: Sport & Exercise Science	4LMS0035	0	English	0	0	0	AB

Progression to level 5 requires a minimum of 90 credits.

**Level: 5 Sport & Exercise Science**

	Module Code	Credit Points	Language of Delivery	% Examination	% Coursework	% Percentage Practical	Semesters
<b>Compulsory Modules</b>							
<b>Module Title</b>							
Applied Biomechanics	5LMS0031	15	English	50	50	0	B
Applied Nutrition for Health and Physical Activity	5LMS0029	15	English	50	50	0	A
Exercise Physiology	5LMS0030	30	English	40	60	0	AB
Applied Testing and Training in Sport and Exercise	5LMS0028	15	English	0	70	30	A
Applied Sport and Exercise Psychology	5LMS0033	30	English	0	100	0	AB
Research Design	5LMS0032	15	English	25	75	0	B
Graduate and Professional Skills 2: Sport & Exercise Science	5LMS0039	0	English	0	0	0	AB

Progression to level 6 requires a minimum of 210 credits.

**Level: 6 Sport & Exercise Science**

	Module Code	Credit Points	Language of Delivery	% Examination	% Coursework	% Percentage Practical	Semesters
<b>Compulsory Modules</b>							
<b>Module Title</b>							
Applied Independent Research Project	6LMS0042	30	English	0	100	0	AB
Graduate and Professional Skills 3: Sport & Exercise Science	6LMS0055	0	English	0	0	0	AB

	Module Code	Credit Points	Language of Delivery	% Examination	% Coursework	% Percentage Practical	Semesters
<b>Optional Modules</b>							
<b>Module Title</b>							
Advanced Biomechanics	6LMS0040	15	English	50	50	0	A
Sport and Performance Nutrition	6LMS0044	15	English	50	50	0	A
Adaptive and Performance Physiology	6LMS0048	30	English	40	60	0	AB
Exercise and Health Promotion	6LMS0043	15	English	40	60	0	B
Advanced Sport and Exercise Psychology	6LMS0041	30	English	0	100	0	AB
Advanced Testing and Training in Sport and Exercise	6LMS0045	15	English	0	60	40	B
Work Experience in Sport, Health and Exercise	6LMS0047	15	English	0	100	0	CA
Year Abroad: Sport	6LMS0046	0	English	0	0	0	
Sandwich Placement: Sport	6LMS0036	0	English	0	0	0	

The award of an Honours degree requires 360 credit points passed with a minimum of at least 120 at level 6 including the final year project.

For students being considered for a final award with Honours classification from 2013/14 onwards, the

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Programme Board of Examiners will determine for each candidate:

- i. the average numeric grade of the best 90 credits at Level 6 or higher and
- ii. the average numeric grade of the best remaining 90 credits at Level 5 or higher;
- iii. a combined average numeric grade, weighted 75% (i) and 25% (ii);
- iv. the candidate's Honours classification will be considered on the basis of this combined average numeric grade.

#### Awards with Distinction or Commendation

The University has approved structure and assessment regulations common to all programmes. Full details are provided in UPR AS14.

Table 1b Final and interim awards available

The programme provides the following final and interim awards:

Award	Minimum requirements	Available at end of Level
University Certificate	45 credit points at level 4	4
Certificate of Higher Education	120 credit points at level 4	4, 5
University Diploma	180 credit points including at least 60 at level 5	5, 6
Diploma of Higher Education: Sport and Exercise Science	240 credit points including at least 120 at level 5	5, 6
BSc Sport and Exercise Science	300 credit points including 180 at level 5/6 of which 60 must be at level 6	6
BSc (Hons) Sport and Exercise Science	360 credit points including 240 at level 5/6 of which 120 must be at level 6	6

## E. Support for students and their learning

Students are supported by;

- A Programme Tutor and Level Tutors to help students understand the course/programme structure.
- Personal Tutors to provide academic and pastoral support.
- A Project Supervisor to advise and support in respect of the level 6 project.
- A Placement Tutor.
- Module Co-ordinators.
- Student representatives on programme committees.
- A designated Programme Administrator.
- An Equal Opportunities Officer.
- University Disability Advisors.
- Technical support to advise students on IT and the use of software.
- Office of the Dean of Students, incorporating Chaplaincy, Counselling and nursery.
- An induction week or part-week at the beginning of each new academic session.
- Overseas student orientation.
- Attractive modern study environments in 2 Learning Resources Centres.
- Access to extensive digital and print collections of information resources.
- A Mathematics Drop-in Centre.
- Guided student-centred learning through the use of StudyNet, a versatile on-line inter-active intranet and learning environment.
- A substantial Student Centre that provides advice on issues such as finance, University regulations, legal matters, accommodation, international student support etc.
- Medical Centre.
- Pharmacy.
- The Students Union.
- A Careers Service for all current students and graduates.
- Access to sporting facilities, and opportunities for participation in inter – university competitive sport at national level.



- Athletic support through athletic scholarships.

## F. Entry requirements

The programme is subject to the University's Principles, Policies, Regulations and Procedures for the Admission of Students to Undergraduate and Taught Postgraduate Programmes and will take account of University policy and guidelines for assessing accredited prior certificated learning (APCL) and accredited prior experiential learning (APEL).

The normal entry requirements for the programme are: 280 UCAS points from A-levels (to include a relevant life science subject) or BTEC ND Sport & Exercise Science only. All applicants must possess CC or better in GCSE Double Science, or a C or better average in individual GCSE Sciences. Applicants should be sport and exercise active. Entrance will be subject to a satisfactory Criminal Records Bureau (CRB) check.

For entry to the Joint honours fields, however, a student should normally meet one or more of the following requirements, which differ slightly from the single honours programmes:

280 points from a minimum of two GCE/VCE A Levels, of which two must be Chemistry Grade C and Biology Grade C, or one VCE Double Award. All key skills and other tariff points are counted, or: BTEC ND/NC with 4 merits and 3 passes in Level III, or: other qualifications deemed to be appropriate e.g. International Baccalaureate, plus: Passes in five subjects at GCSE level including; Mathematics, English language and Science at grade 'C' or better.

A minimum IELTS score of 6.5 or TOEFL score of 580 (921BT) is required for those who do not speak English as their first language.

## Section 2

### Programme management

<b>Relevant QAA subject benchmarking statements</b>	Unit 25 Hospitality, Leisure, Sport, and Tourism
<b>Date of validation/last periodic review</b>	March 2007
<b>Date of production/ last revision of PS</b>	June 2013
<b>Relevant intakes</b>	Level 4 entering September 2014
<b>Administrative School</b>	School of Life and Medical Sciences

Table 2 Course structure

Course details					
Course code	Course description			JACS	
HHSP0	Sport and Exercise Science			C600	
Course Instances					
Instances code	Intake	Stream	Instances Year	Location:	Mode of study
SES1S	A	Sports and Exercise Science	1	Hatfield	Full-time/sandwich
SES2S	A	Sports and Exercise Science	2	Hatfield	Full-time/sandwich

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SES3S	A	Sports and Exercise Science	3	Hatfield	Sandwich Placement/Study Abroad
SES3F	A	Sports and Exercise Science	3	Hatfield	Full-time
SES4S	A	Sports and Exercise Science	4	Hatfield	Sandwich/Study Abroad
SES1P	A	Sports and Exercise Science	1	Hatfield	Part-time
SES2P	A	Sports and Exercise Science	2	Hatfield	Part-time
SES3P	A	Sports and Exercise Science	3	Hatfield	Part-time
SES4P	A	Sports and Exercise Science	4	Hatfield	Part-time
SES5P	A	Sports and Exercise Science	5	Hatfield	Part-time
SES6P	A	Sports and Exercise Science	6	Hatfield	Part-time

The programme is managed by;

- The Dean of School.
- Associate Deans of School who have delegated responsibility for Academic Quality and Learning & Teaching for programmes in Life and Medical Sciences.
- The Head of Department who has designated responsibility for the Department of Human and Environmental Science.
- The Subject Group Leader who has designated responsibility for the Sport, Health and Exercise Subject Group.
- A Programme Tutor and three deputies who are responsible for the day to day management, each of these deputy tutors is responsible for a specific level of the programme but can also advise students on the programme as a whole.
- An Admissions Tutor with specific responsibility for open days and selection.
- A Placements Tutor with responsibility in supporting students in finding placements as required by the programme syllabus.
- A designated administrator to deal with day to day administration associated with the programme.
- Module Co-ordinators who are responsible for individual modules.
- The Sport & Exercise Science Programme Committee, the membership of which includes staff and students.

### Programme-specific assessment regulations

The programme is compliant with the University's generic assessment regulations (Structure and Assessment Regulations for Academic Programmes, [UPR AS14](#)) with the exception of those listed below, which have been specifically approved by the University:

Further points of clarification and interpretation relevant to this specific programme are given below:

Further points of clarification and interpretation relevant to this specific programme are given below:

- Attendance at practical and workshops is compulsory
- Progression to Level 5 requires a minimum of 90 credit points
- Progression to Level 6 requires a minimum of 210 credit points
- Students must successfully complete Graduate and Professional Skills 1 in order to progress to Level 5

- Students must successfully complete Graduate and Professional Skills II in order to progress to Level 6
- A pass grade for the Sandwich Placement year is mandatory for the receipt of the Sandwich degree award
- A pass grade for the Year Abroad is mandatory for that named award
- All constituent Level 6 modules have an attendance requirement of at least 75% of the classes specified in the module. Failure to attend the required proportion of classes and failure of the module assessment at the first attempt will result in the award of an FREN (Fail, re-enrol) grade
- A Pass grade in the final year project is required for an award at Honours
- A fail grade in the Applied Independent Research Project may not be compensated by the Programme Board

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## Other sources of information

- Definitive Module Documents
- Module Guides
- Student Handbook
- University of Hertfordshire Course website:  
<http://www.herts.ac.uk/courses/>
- QAA Benchmark Statement website:  
<http://www.qaa.ac.uk/academicinfrastructure/benchmark/default.asp>
- The Framework for Higher Education Qualifications in England, Wales and Northern Ireland, 2008:  
<http://www.qaa.ac.uk/academicinfrastructure/FHEQ/EWNI08/default.asp>
- SEEC Credit Level Descriptors for Further and Higher Education 2010:  
<http://www.seec.org.uk/sites/seec.org.uk/files/SEEC%20Level%20Descriptors%202010.pdf>
- External Quality Review report website:  
<http://www.qaa.ac.uk/reviews/reports/instReports.asp?ukprn=10007147>
- Professional or Statutory Regulatory Body information: The British Association of Sport and Exercise Sciences: <http://www.bases.org.uk>
- UNISTATS website:  
<http://www.unistats.com/>
- University of Hertfordshire Academic Quality Office website:  
(StudyNet → Staff → Department Lists → Academic Quality Office)
- Structure & Assessment Regulations - Undergraduate & Taught Postgraduate Programmes, UPR AS14:  
<http://sitem.herts.ac.uk/secreg/upr/AS14.htm>
- Learning and Teaching Policy and Graduate Attributes, UPR TL03:  
<http://sitem.herts.ac.uk/secreg/upr/TL03.htm>
- Admissions - Undergraduate & Taught Postgraduate Students, UPR SA03:  
<http://sitem.herts.ac.uk/secreg/upr/SA03.htm>
- Academic Quality, UPR AS17:  
<http://sitem.herts.ac.uk/secreg/upr/AS17.htm>
- Index of UPRs for students:  
[http://sitem.herts.ac.uk/secreg/upr\\_azlist\\_info.htm](http://sitem.herts.ac.uk/secreg/upr_azlist_info.htm)
- Information on Programme and Module External Examiners  
<http://www.studynet1.herts.ac.uk/ptl/common/studentcentre.nsf/Teaching+Documents/184A221E5EECA6B780257A5C00250BA9?OpenDocument>

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## Other information relevant to the programme

This Programme Specification has many common features with the Programme Specification for Sports Therapy.

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## University policies relevant to the Programme

The University undertakes to use all reasonable endeavours to deliver, assess and administer this programme in accordance with this Programme Specification. At the same time it is recognised that it is in the nature of academic developments that changes, for example to the structure, curriculum, and assessment of a programme may be necessary in order to ensure that the programme remains up to date, in response to issues raised as a result of on-going monitoring and evaluation, and/or in order to conform to new regulatory requirements imposed by this institution, by professional or statutory bodies, or by national or governmental bodies.

The programme operates within the guidelines and policies relating to equal opportunities and environmental issues which may be agreed from time to time by the Board of Governors and/or the Academic Board of the University.

Where the programme is offered in collaboration with another institution these policies and guidelines will normally be those of the partner institution.

The programme operates in accordance with the University's Regulations Governing Studies Involving the Use of Human Subjects ([UPR RE01](#)) agreed from time to time by the Academic Board of the University. However, where the programme is offered in collaboration with another institution (for example through a franchise arrangement for all or part of the programme) then specific approval must be obtained from the University for the operation of the programme within ethical guidelines prepared by the partner institution. The partner institution will be responsible for all insurance liability in connection with the observance of ethical guidelines.



Signed .....

Date.....16 April 2014.....

Philomena Shaughnessy  
Associate Dean of School (Academic Quality Assurance)

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If you would like this information in an alternative format please contact the Student Administrator

If you wish to receive a copy of the latest Programme Annual Monitoring and Evaluation Report (AMER) and/or the External Examiner's Report for the programme, please email a request to [aqo@herts.ac.uk](mailto:aqo@herts.ac.uk)





## Key to Programme Learning Outcomes

### Knowledge and Understanding

- A1 Demonstrate knowledge and understanding of the disciplines (anatomy, physiology, biochemistry, psychology, nutrition or biomechanics) underpinning human structure and function at rest and during sport and exercise.
- A2 Demonstrate the scientific skills needed to monitor, assess and evaluate the responses either psychological and/or physiological of human subjects to sport and exercise in the field and laboratory setting.
- A3 Demonstrate an appreciation of the relationship between health, and sport and exercise in a range of participant groups.
- A4 Demonstrate detailed understanding of the processes and techniques involved in the delivery of enhanced sport performance.
- A5 If studying for BSc (Hons): plan, organise and perform an independent research project in the field of sports and exercise science.

### Intellectual Skills

- B1 Critically analyse data with appropriate statistical tests with a well-founded appreciation of the implications of the results.
- B2 Demonstrate at a level appropriate to the award, a critical approach in enquiry and a readiness to test hypotheses.
- B3 Apply knowledge in solving routine and novel problems.
- B4 Conceptualise and hypothesise, rationally and appropriately, on the basis of known data and facts.
- B5 Adopt responsibility for their own learning and continuing professional development through both academic and professional reflective practice.

### Practical Skills

- C1 Demonstrate appropriate laboratory and field skills, including safe and ethical working practices.
- C2 Perform effective literature searches using a range of databases.
- C3 Effectively use software packages for a range of scientific and general purpose functions such as word processing, data analysis, statistical analysis and oral/poster presentations.

### Transferable Skills

- D1 Communicate effectively with others using a variety of formats.
- D2 Effectively use a range of information sources.
- D3 Organise and present intellectual argument commensurate with the level of award.
- D4 Work effectively both alone (e.g. on assignments or during the independent research project) and as part of a team (e.g. in group work, during group discussions and workshops).
- D5 Be numerate at a level appropriate to the programme.
- D6 Use information technology effectively and appropriately.
- D7 Develop the skills required for continued self-managed professional activity.