Bournemouth University

Programme Specification

KEY PROGRAMME INFORMATION

Originating institution(s) Bournemouth University	**Faculty responsible for the programme** Faculty of Health and Social Sciences
Final award(s), title(s) and credit BSc (Hons) Sport and Exercise Science - 360 credits; 180 ETCS credits	
Intermediate award(s), title(s) and credits Certificate of Higher Education (Cert HE) Sport and Exercise Science (120 credits; 60 ECTS credits) Diploma of Higher Education (Dip HE) Sport and Exercise Science (240 credits; 120 ETCS credits)	
UCAS Programme Code(s) (where applicable and if known) C605	**HECoS (Higher Education Classification of Subjects) Code and balanced or major/minor load.** 100433 (100%)
External reference points QAA UK Quality Code for Higher Education (2023) Quality Assurance Agency for Higher Education Subject Benchmark Statements for Events, Hospitality, Leisure, Sport and Tourism (2019); UK Quality Code for Higher Education Part A: Setting and maintaining academic standards (2014) British Association of Sport and Exercise Sciences: Undergraduate Endorsement Scheme	
Professional, Statutory and Regulatory Body (PSRB) links Not applicable	
Places of delivery Bournemouth University, Talbot Campus and Lansdowne Campus	
Mode(s) of delivery Full- time Full- time sandwich	**Language of delivery** English
Typical duration Full- time 3 years, including 4 weeks placement Full- time 4 years, including Sandwich Year	
Date of first intake September 2025	**Expected start dates** September only
Maximum student numbers 300	**Placements** Placements are compulsory but the length of the placement is optional with a minimum of 4 weeks taken as part of a 3-year degree or a minimum of 30 weeks taken as part of a 4-year Sandwich degree. The placement will be undertaken following progression from Level 4 and prior to progression to Level 6. Students will have to find their own placements, but a dedicated placement development coordinator and advisor will assist students in finding a placement.
Partner(s) Not applicable	**Partnership model** Not applicable
Date of this Programme Specification February 2025	
Version number 2.1-0925	
Approval, review or modification reference numbers E232443 FHSS 2425 21, approved 28/11/2024, previously version 2.0-0925	
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PROGRAMME STRUCTURE

Programme Award and Title: BSc (Hons) Sport and Exercise Science

Year 1/Level 4
Students are required to complete all 6 core units.

Unit Name	**Core/ Option**	**No. of Credits**	**Assessment Element Weightings**				**Expected Contact hours per unit**	**Unit Version No.**	**HECoS Code** (plus balanced or major/ minor load)
			Exam 1	**Cwk 1**	**Exam 2**	**Cwk 2**			
Introduction to Research	Core	20	100%				36	1.0	100962 100%
Principles of Physiology	Core	20	100%				36	1.0	100433 100%
Principles of Biomechanics	Core	20		100%			36	1.0	100433 100%
Principles of Psychology	Core	20	100%				36	1.0	100433 100%
Practical Skills for Sport and Exercise	Core	20		100%			36	1.0	100433 100%
Principles of Food and Nutrition	Core	20	50%	50%			36	2.0	100247 100%

Progression requirements: Requires 120 credits at Level 4

Exit qualification: Cert HE Sport and Exercise Science (requires 120 credits at Level 4)

Year 2/Level 5
Students are required to complete 4 core units and2 optional units

Unit Name	Core/ Option	No. of Credits	Assessment Element Weightings				Expected Contact hours per unit	Unit Version No.	HECoS Code (plus balanced or major/ minor load)
			Exam 1	Cwk 1	Exam 2	Cwk 2			
Conducting Research	Core	20		100%			36	2.1	100962 100%
Advances in Sport and Exercise Physiology	Core	20		100%			36	2.0	100433 100%
Advances in Sport and Exercise Biomechanics	Core	20		100%			36	2.0	100433 100%
Advances in Sport and Exercise Psychology	Core	20		100%			36	2.0	100433 100%
Exercise Prescription for Sport and Health	Option	20		100%			36	1.0	101319 100%
Nutrition in Health and Disease	Option	20		100%			36	2.0	100247 100%
Performance Analysis	Option	20		100%			36	2.0	100433 100%
Injury Rehabilitation	Option	20	50%	50%			36	1.0	100475 100%
Nutritional Biochemistry and Metabolism	Option	20		100%			36	1.0	100247 50% 100344 50%
Issues in Sport Management and Leadership	Option	20		50%		50%	36	BUBS 1.0	100097 100%
Issues and Controversies in Sport, Culture and Society	Option	20		50%		50%	36	BUBS 1.0	100098 100%
Short Placement *(opt in or out)*	Option (Group P)	0	N/A	N/A	N/A	N/A	0	1.0	101278 100%

Progression requirements: Requires 120 credits at Level 4,120 credits at Level 5 and satisfactory completion of either a short placement (minimum of 4 weeks) as part of a 3-year degree award or a year-long placement (minimum of 30 weeks) as part of a 4-year degree in a relevant industry/business/organisation. Short placements may be completed during level 5.

Exit qualification: Dip HE Sport and Exercise Science (requires 120 credits at Level 4 and 120 credits at Level 5)

Year 3/Level P - Optional placement year in industry/business
(Option Group P)
0 credits
Students who successfully complete the one-year placement will be awarded a degree in sandwich mode.

Year 3/Level 6
Students are required to complete one core unit
Students select 2 or 3 option units from Group A.
Students select an additional 1 or 2 option units from Group B to ensure 60 credits are taken per semester.
Not all option units will be available as dependent on the semester of delivery.

Unit Name	**Core/ Option**	**No. of Credits**	**Assessment Element Weightings**				**Expected Contact hours per unit**	**Unit Version No.**	**HECoS Code** (plus balanced or major/ minor load)
			Exam 1	**Cwk 1**	**Exam 2**	**Cwk 2**			
Research Project	Core	40		100%			36	1.0	100962 100%
Applied Sport and Exercise Physiology	Option (Group A)	20		100%			36	2.0	100433 100%
Applied Sport and Exercise Biomechanics	Option (Group A)	20		100%			36	2.0	100433 100%
Applied Sport and Exercise Psychology	Option (Group A)	20		100%			36	2.0	100433 100%
Applied Performance Analysis	Option (Group B)	20		100%			36	1.0	100433 100%
Advances in Global Nutrition	Option (Group B)	20		100%			36	1.0	100247 100%
Advanced Exercise Prescription for Health	Option (Group B)	20	100%				36	1.0	100475 100%
Sport and Exercise Nutrition	Option (Group B)	20		100%			36	1.0	100247 100%
Lifecycle Nutrition	Option (Group B)	20		100%			36	1.0	100247 100%
Advanced Rehabilitation and Return to Performance	Option (Group B)	20		100%			36	1.0	100475 100%
Contemporary Issues in Sport and Exercise	Option (Group B)	20		100%			36	1.0	100475 100%
Sport Spaces and Physical Cultures	Option (Group B)	20		50%		50%	36	BUBS 1.0	100098 100%
Developing People in Sport	Option (Group B)	20		100%			36	BUBS 1.0	100098 100%
Strategy and Leadership	Option (Group B)	20		50%		50%	39	BUBS 1.1	100097 100%

Exit qualification: BSc (Hons) Sport and Exercise Science

Sandwich UG award: Requires 120 credits at Level 4, 120 credits at Level 5, 120 credits at Level 6 and successful completion of a placement year.

Full-time UG award: Requires 120 credits at Level 4, 120 credits at Level 5 and 120 credits at Level 6 and successful completion of a 4 week short placement.

AIMS OF THE DOCUMENT

The aims of this document are to:

- define the structure of the programme;
- specify the programme award titles;
- identify programme and level learning outcomes;
- articulate the regulations governing the awards defined within the document.

AIMS OF THE PROGRAMME

This programme aims to develop critically informed, agile and resourceful graduates, who:

- Possess a coherent, current and detailed knowledge of the theory and application of the key disciplines underpinning sport and exercise science, with sound conceptual understanding of interdisciplinary application.
- Systematically approach problems and apply knowledge to conduct research and communicate appropriate evidence-based interventions or solutions in an independent manner.
- Accurately deploy established techniques, procedures and methodologies used in sport and exercise science to meet the diverse needs of different populations in a range of contexts.
- Possess key qualities such as initiative, personal responsibility, learning ability and decision making to successfully transition into the workplace or into further study related to sport and exercise.

This programme has been aligned to the Quality Assurance Agency for Higher Education Subject Benchmark Statements for Events, Hospitality, Leisure, Sport and Tourism (2019) and The British Association of Sport and Exercise Science Undergraduate Endorsement Scheme.

ALIGNMENT WITH THE UNIVERSITY'S STRATEGIC PLAN

BSc (Hons) Sport and Exercise Science is aligned with Bournemouth University's 2025 (BU2025) strategic vision to be recognised world-wide as a leading university for inspiring learning, advancing knowledge and enriching society through the Fusion of education, research and practice. Whilst all BU2025 themes can be reflected in aspects of this Sport and Exercise Science degree programme, it most strongly reflected is the theme of *Health and Well-being.* The BU2025 core values of excellence, inclusivity, creativity and responsibility in order to impact society are explicitly reflected in the aims and outcomes of the Sport and Exercise Science degree which seeks to develop graduates who, not only have the detailed knowledge and understanding of the theory unpinning the various disciplines of Sport and Exercise Science, but have the skills to apply this knowledge to meet the diverse needs of different populations and individuals within various sport and exercise contexts.

This Sport and Exercise Science programme embeds a distinctive Fusion learning approach into content delivery and assessment. The curriculum is both research-led and practice based. It contains opportunities for students to co-create and engage with guest industry speakers, local community stakeholders and elite sport clubs through learning and assessment. There is a comprehensive range of co-curricular learning opportunities for students to enhance their experience and develop transferable skills for employment or further study. In addition, all students will engage in a placement (minimum 4 weeks) and have the opportunity to engage with international study. Crucially the Sport and Exercise Science degree provides clear opportunities for interdisciplinary learning within programme units of study and across units offered from BSc (Hons) Nutrition, BSc (Hons) Sports Therapy, BSc (Hons) Sport Coaching and BSc (Hons) Sport Management whilst maintaining a core Sport and Exercise Science focus underpinned by BU2025 values and guided by British Association of Sport and Exercise Science (BASES). The Sport and Exercise Science curriculum supports students to develop graduate attributes including collaboration and teamwork, citizenship and societal contribution, global outlook and innovation.

Through our Sport and Exercise Science graduate community we aim to drive social and economic growth and advance knowledge by fostering creativity and innovation to positively impact the world and the challenge it faces, particularly in global health and wellbeing contexts.

Technology Enhanced Learning (TEL)

- The programme strategy on Technology Enhanced Learning to enhance the student experience is expressed principally using the current Virtual Learning Environment, 'Brightspace'.
- The Sport and Exercise Science programme uses 'Panopto' technology to record theory sessions so that students can use/review content at a time of their convenience. This supports the notion of flipped classroom, where students are asked to review material before attending class so that the classroom time can be used interactively. This is important in learning approaches that involve interprofessional units.
- Students are exposed to the use of broader social media to support professional learning. Digital healthcare is a research interest within the Faculty and students are able to benefit from extra-curricular workshops and study events which explore its use in modern health provision.

Employability

- The programme is endorsed by the British Association of Sport and Exercise Sciences, an industry recognised programme status and curriculum.
- All students will have the opportunity to develop their professional practice by completing a placement (short or sandwich year) between level 5 and level 6.
- Student placements and sharing of education and research with employers enables staff to benchmark the skills required by employers and integrate them into the programmes.
- A graduate skills matrix has been mapped across all programme units.

Globalisation

- BSc (Hons.) Sport and Exercise Science programme welcomes international students.
- The student placement can occur abroad.
- Student exchange partnerships exist in the institution and several programme exchanges are being developed. Students can access the Turing Scheme.

Sustainability

- The BSc (Hons.) Sport and Exercise Science programme aligns itself with the UN Sustainable Development Goals. All programme units have at least one UNSDG mapped against them, with Climate specific UNSDGs mapped across each programme level.
- Where possible, units include online resources and documentation along with online submission for assessments, which will be more environmentally friendly than a paper document.

LEARNING HOURS AND ASSESSMENT

Bournemouth University taught programmes are composed of units of study, which are assigned a credit value indicating the amount of learning undertaken. The minimum credit value of a unit is normally 20 credits, above which credit values normally increase at 20-point intervals. 20 credits is the equivalent of 200 study hours required of the student, including lectures, seminars, assessment and independent study. 20 University credits are equivalent to 10 European Credit Transfer System (ECTS) credits.

The assessment workload for a unit should consider the total time devoted to study, including the assessment workload (i.e. formative and summative assessment) and the taught elements and independent study workload (i.e. lectures, seminars, preparatory work, practical activities, reading, critical reflection).

Assessment per 20 credit unit should normally consist of 3,000 words or equivalent.

STAFF DELIVERING THE PROGRAMME

Students will usually be taught by a combination of senior academic staff with others who have relevant expertise including – where appropriate according to the content of the unit – academic staff, qualified professional practitioners, demonstrators/technicians and research students.

INTENDED LEARNING OUTCOMES – AND HOW THE PROGRAMME ENABLES STUDENTS TO ACHIEVE AND DEMONSTRATE THE INTENDED LEARNING OUTCOMES

PROGRAMME AND LEVEL 6 INTENDED PROGRAMME OUTCOMES

<table>
<tr><td>A: Subject knowledge and understanding

This programme and level provides opportunities for students to develop and demonstrate knowledge and understanding of:</td><td>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme and level learning outcomes:</td></tr>
<tr><td rowspan="2">A1. Detailed theoretical underpinnings of Physiology, Biomechanics or Psychology in a sport or exercise context.

A2. Systematic application of current evidence-based practice in an area of Physiology, Biomechanics or Psychology in a sport or exercise context and within the students chosen interdisciplinary specialism.

A3. Systematic understanding of the diverse needs of all stakeholders within the area of sport and exercise science including society, employers and clients.

A4. Deployment of established methodologies and techniques to lead, coordinate, execute and communicate an independent research project within the student’s chosen area of specialism in sport and exercise science.</td><td>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):

• Lectures (A1, A2, A3)
• Seminars (A1, A2, A3, A4)
• Directed reading (A1, A2, A3, A4)
• Use of the VLE (A1, A2, A3, A4)
• Independent study (A1, A2, A3, A4)
• Group work (A2, A3)
• Laboratory experiments (A2, A3, A4)
• Fieldwork (A4)
• Independent research (A4).</td></tr>
<tr><td>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):

• Computer examination (A2, A3)
• Practical examination (A2, A3)
• Coursework essay (A1, A2, A3)
• Case study (A1, A2, A3)
• Laboratory report (A1, A2, A4)
• Client report (A2, A3)
• Portfolio (A1, A2, A3)
• Oral presentation (A2, A3)
• Poster presentation (A2, A3)
• Dissertation/Research Report (A1, A2, A4)</td></tr>
<tr><td>B: Intellectual skills

This programme and level provides opportunities for students to:</td><td>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme and level outcomes:</td></tr>
<tr><td rowspan="2">B1. Systematically evaluate material from a variety of sources and concepts to arrive at a reflective and informed conclusion.

B2. Synthesise information from a variety of sources to present coherent and logical arguments.

B3. Effectively communicate information, ideas, problems and solutions which are informed by current research to a variety of audiences.</td><td>Learning and teaching strategies and methods:

• Seminars (B1, B2, B3, B4)
• Directed reading (B1, B2)
• Independent study (B1, B2, B3, B4)
• Group work (B1, B2, B3, B4)
• Laboratory experiments (B1, B2, B3, B4)
• Fieldwork (B4)
• Independent research (B1, B2, B3, B4).</td></tr>
<tr><td>Assessment strategies and methods:</td></tr>
</table>

B4. Apply logical, yet creative solutions to solve problems including exercising initiative and personal responsibility to address unpredictable challenges.	• Practical examination (B3, B4) • Coursework essay (B1, B2, B3) • Case study (B1, B2, B3, B4) • Laboratory report (B1, B2, B3, B4) • Client report (B1, B3, B4) • Portfolio (B1, B2, B3, B4) • Oral presentation (B1, B2, B3) • Poster presentation (B1, B2, B3) • Dissertation/Research Report (B1, B2, B3, B4)
C: Practical skills This programme and level provides opportunities for students to:	The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme and level learning outcomes:
C1. Independently undertake practical tasks and make sound judgements to meet the ethical, moral, health and safety needs of all people involved. C2. Apply established techniques, procedures and methodologies used in sport and exercise science to a diverse range of human participants and groups of people. C3. Accurately and systematically assess, interpret and offer solutions to enhance sports performance or health-related fitness. C4. Independently utilise IT software to source current research, accurately collect and analyse data and communicate results to academic standards.	Learning and teaching strategies and methods: • Seminars (C1, C2, C3, C4) • Directed reading (C1, C2, C3, C4) • Use of the VLE (C4) • Independent study (C1, C2, C3, C4) • Group work (C1, C3) • Laboratory experiments (C1, C2, C3, C4) • Fieldwork (C1, C2) • Independent research (C1, C2, C3, C4). Assessment strategies and methods: • Practical examinations (C1, C2, C3, C4) • Coursework essays (C3, C4) • Case study (C2, C3, C4) • Laboratory report (C1, C2, C3, C4) • Client report (C1, C2, C3, C4) • Portfolio (C2, C3, C4) • Oral presentation (C3, C4) • Poster presentation (C2, C3, C4) • Dissertation/Research Report (C1, C2, C3, C4)
D: Transferable skills This programme and level provides opportunities for students to:	The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme and level learning outcomes:
D1. Effectively communicate information, ideas, problems and solutions, using a variety of media sources, to both specialist and non-specialist audiences. D2. Exercise initiative and personal responsibility to effectively work both independently and as part of a team.	Learning and teaching strategies and methods: • Lectures (D3) • Seminars (D1, D2, D3, D4) • Independent study (D2, D3, D4) • Group work (D1, D2, D3, D4) • Laboratory experiments (D1, D2, D3, D4) • Fieldwork (D1, D2, D3, D4) • Independent research (D1, D2, D3, D4).

D3. Take personal responsibility to conduct oneself in a professional manner including time management, prioritisation and accountability. D4. Make decisions and apply initiative to successfully plan and manage projects and the needs of various stakeholders involved.	Assessment strategies and methods: • Practical examination (D1, D2, D3, D4) • Coursework essay (D1, D2) • Case study (D1, D2, D4) • Laboratory report (D1, D2, D3, D4) • Client report (D1, D2, D4) • Portfolio (D1, D2, D3, D4) • Oral presentation (D1, D2, D3) • Poster presentation (D1) • Dissertation/Research Report (D1, D2, D3, D4)

LEVEL 5/DipHE INTENDED LEVEL OUTCOMES

A: Knowledge and understanding This level provides opportunities for students to develop and demonstrate knowledge and understanding of*:*	The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:
A1. The theoretical underpinnings of Physiology, Biomechanics and Psychology in a sport and exercise context. A2. Critically understand the application of current evidence-based practice in Physiology, Biomechanics and Psychology and within the students chosen interdisciplinary specialism. A3. Critically understand of the diverse needs of individuals' in sport and exercise. A4. Critically understand the main methods of enquiry needed to solve problems in sport and exercise.	Learning and teaching strategies and methods: • Lectures (A1, A2, A3) • Seminars (A1, A2, A3, A4) • Directed reading (A1, A2, A3, A4) • Use of the VLE (A1, A2, A3, A4) • Independent study (A1, A2, A3, A4) • Group work (A2, A3, A4) • Laboratory experiments (A2, A3, A4)
	Assessment strategies and methods: • Computer examination (A2) • Coursework essay (A2, A3, A4) • Laboratory report (A1, A2, A4) • Case study (A2, A3, A4) • Portfolio (A2, A3, A4) • Oral presentation (A1, A2, A4) • Poster presentation (A2, A3, A4)
B: Intellectual skills This level provides opportunities for students to:	The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:
B1. Critically evaluate material from a variety of sources and concepts to arrive at scientifically informed conclusions. B2. Critically analyse and interpret information to present coherent and logical arguments.	Learning and teaching strategies and methods: • Seminars (B1, B2, B3, B4) • Directed reading (B1, B2) • Independent study (B1, B2, B3, B4) • Group work (B1, B2, B3, B4) • Laboratory experiments (B1, B2, B3, B4)
	Assessment strategies and methods:

B3. Effectively communicate information, ideas, problems and solutions to a variety of audiences. B4. Propose solutions to address issues and solve problems.	• Practical examination (B2, B3, B4) • Coursework essay (B1, B2, B3) • Laboratory report (B1, B2, B3, B4) • Case study (B1, B2, B4) • Portfolio (B1, B2, B3, B4) • Client report (B1, B2, B3, B4) • Oral presentation (B1, B2, B3, B4) • Poster presentation (B1, B2, B3)
C: Practical skills This level provides opportunities for students to:	The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:
C1. Undertake practical tasks making sound judgements to meet the ethical, moral, health and safety needs of all involved. C2. Effectively apply established practical techniques, procedures and methodologies used in sport and exercise science. C3. Critically assess, interpret and offer solutions to enhance sports performance or health related fitness. C4. Effectively utilise IT software to source information, accurately collect and analyse data and communicate results to academic standards.	Learning and teaching strategies and methods: • Seminars (C1, C2, C3, C4) • Directed reading (C1, C2, C3, C4) • Use of the VLE (C4) • Independent study (C1, C2, C3, C4) • Group work (C1, C2, C3, C4) • Laboratory experiments (C1, C2, C3, C4)
	Assessment strategies and methods: • Practical examination (C1, C2, C3) • Coursework essay (C2, C3, C4) • Laboratory report (C1, C2, C3, C4) • Case study (C1, C2, C3, C4) • Portfolio (C3, C4) • Client report (C1, C2, C3, C4) • Oral presentation (C3, C4) • Poster presentation (C3, C4)
D: Transferable skills This level provides opportunities for students to:	The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:
D1. Effectively communicate information, arguments and analysis, using a variety of media sources, to both specialist and non-specialist audiences. D2. Exercise personal responsibility to effectively work both independently and as part of a team. D3. Take personal responsibility to present oneself to a professional standard. D4. Make decisions to successfully complete projects with consideration of each component and the needs of various stakeholders involved.	Learning and teaching strategies and methods: • Lectures (D3) • Seminars (D1, D2, D3, D4) • Independent study (D2, D4) • Group work (D1, D2, D3, D4) • Laboratory experiments (D1, D2, D3, D4)
	Assessment strategies and methods: • Practical examination (D1, D2, D3) • Coursework essay (D1, D2, D3, D4) • Laboratory report (D1, D2, D3, D4) • Case study (D4) • Portfolio (D2, D3) • Client report (D1, D2, D3, D4) • Oral presentation (D1, D2, D3) • Poster presentation (D1, D3)

LEVEL 4/Cert HE INTENDED LEVEL OUTCOMES

A: Knowledge and understanding This level provides opportunities for students to develop and demonstrate knowledge and understanding of*:*	The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:
A1. Knowledge of the principle theoretical underpinnings of Physiology, Biomechanics and Psychology in a sport and exercise context. A2. The application of underlying concepts in Physiology, Biomechanics and Psychology and within the interdisciplinary topics of Nutrition and Fitness Assessment. A3. The principle needs of individuals in both sport and health domains. A4. The appropriateness of utilising different methodologies and techniques to address problems in sport and exercise.	Learning and teaching strategies and methods: • Lectures (A1, A2, A3) • Seminars (A1, A2, A3, A4) • Directed reading (A1, A2, A3, A4) • Use of the VLE (A1, A2, A3, A4) • Independent study (A1, A2, A3, A4) • Group work (A2, A3, A4) • Laboratory experiments (A2, A3, A4)
	Assessment strategies and methods: • Computer examination (A1, A2, A3) • Laboratory report (A1, A2, A3, A4) • Portfolio (A2, A3, A4) • Oral presentation (A1, A2, A4) • Poster presentation (A1, A2, A3, A4)
B: Intellectual skills This level provides opportunities for students to:	The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:
B1. Evaluate concepts and principles to arrive at scientifically informed conclusions. B2. Interpret information to develop structures and coherent arguments. B3. Accurately communicate information to a variety of audiences. B4. Take different approaches to address issues and solve problems.	Learning and teaching strategies and methods: • Seminars (B1, B2, B3, B4) • Directed reading (B1, B2) • Independent study (B1, B2, B3, B4) • Group work (B1, B2, B3, B4) • Laboratory experiments (B1, B2, B3, B4)
	Assessment strategies and methods: • Computer examination (B4) • Laboratory report (B1, B2, B3, B4) • Portfolio (B1, B3, B4) • Oral presentation (B1, B2, B3, B4) • Poster presentation (B1, B2, B3)
C: Practical skills This level provides opportunities for students to:	The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:
	Learning and teaching strategies and methods:

C1. Apply the ethical, moral, health and safety needs, of all involved, to practical tasks. C2. Utilise practical techniques, procedures and methodologies in sport and exercise science. C3. Assess, interpret and offer appropriate solutions to enhance sports performance or health related fitness. C4. Utilise IT software to source information, collect and analyse data and communicate results to academic standards.	• Seminars (C1, C2, C3, C4) • Directed reading (C1, C2, C3, C4) • Use of the VLE (C4) • Independent study (C1, C2, C3, C4) • Group work (C1, C2, C3, C4) • Laboratory experiments (C1, C2, C3, C4) Assessment strategies and methods: • Computer examination (C4) • Laboratory report (C1, C2, C3, C4) • Portfolio (C1, C2, C3, C4) • Oral presentation (C1, C3, C4) • Poster presentation (C3, C4)
D: Transferable skills This level provides opportunities for students to:	The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:
D1. Communicate information accurately with structured and coherent arguments. D2. Exercise some personal responsibility to effectively work both independently and as part of a team. D3. Take some personal responsibility to present one's self to a professional standard. D4. Consideration of each component of project work and the needs of various stakeholders involved.	Learning and teaching strategies and methods: • Lectures (D3) • Seminars (D1, D2, D3, D4) • Independent study (D2, D4) • Group work (D1, D2, D3, D4) • Laboratory experiments (D1, D2, D3, D4) Assessment strategies and methods: • Computer examination (D1, D2, D3, D4) • Laboratory report (D1, D2, D3, D4) • Portfolio (D2, D3) • Oral presentation (D1, D2, D3, D4) • Poster presentation (D1, D2)

Programme Skills Matrix

Units	Programme Intended Learning Outcomes	A 1	A 2	A 3	A 4	B 1	B 2	B 3	B 4	C 1	C 2	C 3	C 4	D 1	D 2	D 3	D 4
L6	Research Project	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
L6	Applied Sport and Exercise Physiology	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X
L6	Applied Sport and Exercise Biomechanics	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X
L6	Applied Sport and Exercise Psychology	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X
L6	Applied Performance Analysis*		X	X	X	X	X		X	X				X	X		X
L6	Advances in Global Nutrition					X	X		X				X	X	X	X	X
L6	Advanced Exercise Prescription for Health	X	X	X		X		X	X	X	X	X		X		X	X
L6	Sport and Exercise Nutrition	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X
L6	Lifecycle Nutrition					X	X	X	X	X			X	X	X	X	
L6	Advanced Rehabilitation and Return to Performance*	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X
L6	Contemporary Issues in Sport and Exercise	X	X	X		X	X	X	X	X		X		X			X
L6	Sport Spaces and Physical Cultures		X	X		X	X	X				X	X	X	X	X	X
L6	Developing People in Sport	X	X	X		X	X	X				X	X	X	X	X	X
L6	Strategy and Leadership		X	X		X	X	X	X			X	X	X	X	X	X
L5	Conducting Research		X	X	X	X	X	X	X	X	X		X	X	X	X	X
L5	Advances in Sport and Exercise Physiology	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
L5	Advances in Sport and Exercise Biomechanics	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
L5	Advances in Sport and Exercise Psychology	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
L5	Exercise Prescription for Sport and Health	X	X	X	X	X		X	X	X	X	X				X	
L5	Nutrition in Health and Disease	X	X	X		X	X	X	X	X	X	X	X	X	X	X	
L5	Performance Analysis		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
L5	Injury Rehabilitation	X	X	X	X	X		X	X	X	X	X			X	X	X
L5	Nutritional Biochemistry and Metabolism	X	X	X	X	X	X			X	X	X	X	X			
L5	Issues in Sport Management and Leadership			X		X	X	X	X			X	X	X	X	X	X
L5	Issues and Controversies in Sport, Culture and Society		X	X		X	X	X	X			X	X	X	X	X	X
L5	Placement - Short			X	X	X	X	X	X	X	X	X		X	X	X	X

L4	Introduction to Research			X	X	X	X	X	X	X	X	X	X		X	X	
L4	Principles of Physiology	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
L4	Principles of Biomechanics	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
L4	Principles of Psychology	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
L4	Practical Skills for Sport and Exercise		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
L4	Principles of Food and Nutrition		X	X		X	X	X	X	X	X	X	X	X	X	X	X

ADMISSION REGULATIONS

Please refer to the course website for further information regarding admission regulations for this programme: BSc (Hons) Sport Exercise Science | Bournemouth University

PROGRESSION ROUTES

Recognition arrangements provide formally approved entry or progression routes through which students are eligible to apply for a place on a programme leading to a BU award. Recognition does not guarantee entry onto the BU receiving programme only eligibility to apply. In some cases, additional entry criteria such as a Merit classification from the feeder programme may also apply. Please see the recognition register for a full list of approved Recognition arrangements and agreed entry criteria.

ASSESSMENT REGULATIONS

The regulations for this programme are the University's Standard Undergraduate Assessment Regulations. https://www.bournemouth.ac.uk/students/help-advice/important-information

WORK BASED LEARNING (WBL) AND PLACEMENT ELEMENTS

All undergraduate students will undertake a form of placement as it is recognised that placement is a key driver of employability. The length of placement is optional. Students can complete a one-year (minimum 30 week) placement as part of a four-year degree programme or a summer (minimum 4 week) placement as part of a three year degree. Placements are not defined as a unit and are assessed as Pass/ Fail. Placements will occur on progression from level 5 and are required for progression to level 6.