

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-timeand

Entry Requirements ⁴	Exercise Science
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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 daece

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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 \(2014\)](#)

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	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

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