Course Specification

Part A: Course Definition

Please complete this template for each course that is to be validated.

School *(For integrated joints this should be the managing School)*	Institute of Sport Faculty of Education Health and Wellbeing
For Integrated Joint Courses only *State the subject areas and schools involved.*	
Course Code	SR007F01BM SR007F03BM
Name of Final Award / Course	Foundation Degree Sport & Exercise Science
Name(s) of any Intermediate Award(s)	Certificate of Higher Education Sport & Exercise Science

Course type *(Please tick ✓)*	U/G Specialist		HND / HNC	
	U/G Integrated Joint		Integrated Masters	
	Foundation Degree	✔	Masters	
	Prof. Doctorate		Other	

Previous Course Title *(if this replaces a course)*	Foundation Degree (Science) Sport and Exercise Science
UCAS/other agency code(s)	
Closed course	No

Source of Funding *(Please tick ✓ or name other)*	HEFCE	✔	NHS		TTA	
	Other:					

Mode of delivery and Length of course **Tick ✓ all that apply and insert minimum number of years to complete:**					
Full-time	✔	2	Part-time (day)	✔	3
Sandwich			Part-time (day/evening)		
CPD			Part-time (evening)		
Distance Learning			Custom Block Delivery		

Location of delivery **Tick ✓ all that apply**			
City		Burton	
Compton		Collaborative (complete next section below)	✔
Walsall			
Telford			

Name of Collaborative Institution	Type of Collaborative Institution *(Insert appropriate code from below)*	Collaborative arrangements *(Choose from the three options below)*	Proposed start date
Birmingham Metropolitan College	5000	**2.** Off-site delivery by Partner staff (UK only)	October 2015

Collaborative arrangements options:		
1. Off-site delivery by UoW staff	**2.** Off-site delivery by Partner staff (UK only)	**3.** Support delivery by UoW and Partner staff
HESA codes for type of Collaborative Institution(s):		
Large private company	1000	NHS	6000
Small or medium enterprise (SME)	2000	Other public sector organisation	7000
Overseas education provider	3000	Charity	8000
Other UK education provider - private	4000	Other	9000
Other UK education provider – public sector	5000	Multiple collaborators of different types	9900

Dates for course delivery (non-standard)
Is this course delivered within the standard University timetable and structure? **Yes**
If **No**, provide the start and end dates for the delivery of this course. *Note: Students will be required to have completed enrolment 7 days following the date you insert as the start of the course.*

Start date	End date	Location of delivery
dd/mm/yy	dd/mm/yy	
dd/mm/yy	dd/mm/yy	
dd/mm/yy	dd/mm/yy	

Dates for student intakes
Complete the following table for proposed intakes - N.B. e.g. Intake 1: Sept. 2011, Intake 2: Feb. 2012.

	Start date	Location of delivery	Notes
Intake 1:	October 2015	Birmingham Metropolitan College	
Intake 2:	October 2016	Birmingham Metropolitan College	
Intake 3:	October 2017	Birmingham Metropolitan College	

Academic Regulations
Where it is proposed that the course be exempt from any University Academic Regulations, include the details here using the Clause Number and the change proposed. *(Please note: If the proposed course regulations deviate in any way from current University Academic Regulations then a rationale must be presented to the Academic Registrar for approval by Academic Regulations Sub-Committee before*

validation proceeds).
Not Applicable

Assessment Board and External Examiner arrangements	
Name the Award Board for this Course	Institute of Sport
Name the Module Results Boards that will consider module results from this Course	Institute of Sport
Are you proposing to use existing external examiner arrangements? *If so, state the name of the External Examiner and the names of the assessment boards to which they are currently appointed.*	Mary Margaret Meade Institute of Sport
New and/or additional external examiner required *(include any implications for existing module results and award board structures)*	N/A

Course Specification

Part B: Course Specification

1	Title of Course (Final award title)	Foundation Degree Sport & Exercise Science	Course Code	SR007F01BM SR007F03BM

2	Awarding Institution	University of Wolverhampton

3	Educational aims of the course
	This section is to be written for students and potential students as it will be used in marketing materials and course guides.

The course aims to:

- Provide students with knowledge and understanding that underpin key components related to sport and exercise sciences.
- Provide students with key opportunities to develop applied practice within a range of sports science disciplines.
- Provide students opportunities to engage with specialist equipment and technologies with scientific methods relevant to sport and exercise science within laboratory and gym based environments.
- Provide students with an opportunity to engage with peers and stakeholders in relation to communication of presentations, group/field work, poster communication and assessment portfolio.
- Develop and utilise key and subject specific skills required to gain entry to postgraduate level study in sport and exercise sciences and graduate level employment.

4	Reference points
	To include consideration of professional body requirements and QAA Subject Benchmarks. This section is to inform students of the national reference points for their course and will be made available through the Course Guide.

QAA subject benchmark (Hospitality, Leisure, Sport and Tourism).
Framework for Higher Education Qualifications (FHEQ)
British Association of Sport & Exercise Sciences Undergraduate Endorsement Scheme (BUES).

5	Professional, Statutory and Regulatory Bodies (PSRB)
	This section is to be written for information of the student and should be made available through the Course Guide. Give name of PSRB and outline the level of accreditation and relationship with the PSRB and any specific details relating to the implications of Professional requirements that students need to be informed of, such as requirements for attendance and professional practice; or state NOT APPLICABLE.

Students who complete the Foundation Degree can progress to the BSc (Hons) Sport & Exercise Science at the University of Wolverhampton, and this course is endorsed as part of the British Association of Sport & Exercise Sciences Undergraduate Endorsement Scheme (BUES).

6	**Entry requirements**
	To include any provision for RPL and English competency standards.

2015 Entry

- 100 UCAS points from 'A' levels or equivalent
- BTEC National Diploma grade PPP, BTEC National Certificate MP
- Access to HE Diploma full award

If you've got other qualifications or relevant experience please consult the UCAS tariff tables or contact us before applying.

International student language requirements and application guidance can be found at http://www.wlv.ac.uk/international/apply

Other Requirements
Students must have studied a minimum of two years post GCSE level. However, it is expected that some applicants will be mature students with work experience, who wish to further their career development. These applicants will be processed through standard procedures, which may involve an interview as part of the process.

Entry to this course requires a Disclosure and Barring Service (DBS) Check.

Those who do not meet the entry requirements may be offered an alternative course.

7	**Employment and further training opportunities**
	Explain the range of potential careers or further study that may be accessible to successful students. This information should reflect that published in the prospectus and on UCAS.

Students who complete the Foundation Degree in Sport & Exercise Science are able to progress on to level 6 (final year) of the BSc (Hons) Sport & Exercise Science at the University of Wolverhampton.

Career opportunities available to sport and exercise scientists continue to expand. Most sports now recognise sports science as an integral part of their sport's development and success, and most athletes consider the application of sport science as an important part of everyday training and competition. In relation to exercise, many hospitals and Primary Care Trusts are starting to appoint specialists with exercise backgrounds to work in areas such as cardiac rehabilitation and health promotion. The incorporation of physical activity within the National Health Service (NHS) national service frameworks plan highlights both the job opportunities and the increasingly important role played by exercise in maintaining the nation's health. Examples of careers related to Sport & Exercise Science include Biomechanist, Clinical Cardiac Physiologist, Clinical Exercise Physiologist, Dietician, Exercise Physiologist, Fitness Instructor, Personal Trainer, GP Referral Exercise Consultant, Health Promotion Specialist, Lecturer in Higher Education, Performance Analyst, Physical Activity Development Manager, Researcher, Respiratory Physiologist, Sport and Exercise Psychologist, Sports Development Officer, Teacher. In addition, you would be able to use the skills and knowledge acquired during this course to enter the wider job market with a strong and applied background in human science. Employment opportunities of this type include pharmaceutical companies, major retail companies, and the armed and civil services.

8	**Course Learning Outcomes (Maximum of six)** *Outcomes should be written in terms of the learning a student will demonstrate on successful completion e.g. make valid comparisons between different point of Europe and across different historical periods, on the basis of sound evidence. (History subject area)*

At the end of this course you, the student, will be able to:

1.	Recognise the contribution made to our understanding of sport and exercise by applying core disciplines in the sport and exercise sciences to real-life situations
2.	Utilise various multi-media technologies to study and promote sport and exercise
3.	Communicate knowledge of sport and exercise sciences to various populations regionally, nationally and internationally
4.	Develop and utilise the key and subject specific skills required to progress successfully onto studying the BSc (Hons) Sport and Exercise Science degree at the University of Wolverhampton, or to pursue employment
5.	Be creative in identifying and solving problems in a variety of academic, work and research settings
6.	Apply knowledge of the sport and exercise sciences to the analysis of performance, health and fitness

9	**Indicative Course Structure**
	Each box represents a 20 credit module unless you indicate otherwise. Module titles should be meaningful and indicate the focus of the module. Try to avoid numbering modules e.g. Research 1, Research 2 etc.
	Within each row include the module code, module title and credit value of each module. Add an additional row for each option module.

UNDERGRADUATE

Level 4

Semester 1			Semester 2		
C	4SR006 Introduction to Exercise Physiology	20	**C**	4SR026 Physical Activity, Sedentary Behaviour and Health	20
C	4SR007 Introduction to Biomechanics of Human Movement	20	**C**	4SR005 Measurement and Evaluation In Sport and Exercise Science	20
C	4SR008 Foundations of Sport and Exercise Psychology	20	**C**	4SR027 Research Skills for Sport and Exercise Science	20

Level 5

Semester 1			Semester 2		
C	5SR007 Sport and Exercise Physiology	20	**C**	5SR008 The Biomechanics of Sport and Exercise	20
C	5SR003 Training Principles for Sports Performance	20	**C**	5SR032 Sport & Exercise Science Placement	20
C	5SR004 Sport and Exercise Psychology	20	**C**	5SR023 Research Methods and Analytical Procedures	20

10	**Learning Activities**
	Please list the learning activities that will support the achievement of the learning outcomes. You should address the eight graduate attributes and include employability skills and work-based learning where appropriate. (Some of these activities will be covered in section 11 below.)

1. acquire, generate, interrogate and apply knowledge from a wide range of sources
2. develop research skills to enable analysis , synthesis, understanding and evaluation of data and information
3. demonstrate self-discipline and organizational skills by meeting deadlines, and taking responsibility for your own development and learning
4. present ideas clearly in an informed and persuasive manner to a variety of audiences
5. be innovative, creative and enterprising work collaboratively, whilst acknowledging,

respecting and engaging with the views of others in a constructive and empathetic manner
6. draw on professional advice and feedback to reflect on and improve your own learning and professional practice
7. prepare for the world of work through engagement with real life situations, briefs and problems
8. engage with new ideas and ways of working as an active member of the communities in which you study, live and work

11	**Blended learning**
	*In 2008, the University adopted a Blended Learning Strategy which promotes the integration of technology supported learning across all our modules. We believe this will improve the employability and, digital literacy, of our students and the effectiveness and efficiency of our learning and teaching practice. Outline **for the student** how the 6 blended learning entitlements have been incorporated in this course.*
	(Also refer to section 15 which will identify specific modules.)

Students are entitled to :	
1. have access where possible to an electronic copy of all lecturer-produced course documents e.g. module guides, assessment briefs, presentations, handouts, and reading lists;	The College employ a SharePoint system where all important documents are maintained. In addition, the College work very closely with Wolverhampton University to utilise the WOLF online mechanism.
2. formative assessment opportunities on line with appropriate meaningful electronic assessment feedback;	Modules on the Foundation Degree will contain appropriate formative assessment opportunities with feedback given, for example, via WOLF, in class, practical laboratory sessions etc.
3. have opportunities to collaborate on line with others in their learning cohort;	All students will have access to the online forum and chat functions within the WOLF topic. Further, staff will invest time in developing online/digital support (e.g. SKYPE; Twitter and YouTube).
4. have the opportunity to participate in electronic Personal Development Planning (ePDP);	Computer aided assessments will be used where appropriate, as will the electronic submission of other summative and formative assessments.
5. submit all appropriate assessments online;	Where appropriate, assessments will be submitted electronically via WOLF.
6. opportunities to engage in interactive learning during all face to face sessions.	All face to face sessions will incorporate interactive learning opportunities.

12	**Assessment methods**
	Describe the types of assessment (formative and summative) students will experience to demonstrate achievement of the learning outcomes. Show how the assessment tasks progress in terms of the challenge they experienced at each level.

This course will utilise a wide range of assessment techniques in order to provide a varied student experience. The learning outcomes of each assessment will be directly related to the level of study in which the assessments appear. The assessments

throughout the degree are designed to be progressive. At level 4 there is a specific focus on developing the student's knowledge base, covering a breadth of related subjects within a particular discipline. At Level 5 there is much greater focus on the synthesis and development of knowledge, which extends to achieving certain competencies in a laboratory and field-based setting.

The types of assessment to be used include:

- Report Writing
- Data interpretation
- Exams (open-book, seen and unseen, long and short answer)
- Practical assessments
- Presentations
- Portfolios
- Case studies
- Group work

This broad range of assessment methods will be used both for formative and summative assessment. As students develop their academic skills, more emphasis will be placed on independent and student-led learning activities.

13	Support for Learning
	Explain what kinds of support will be available for learning. Include examples of generic support and any specific support available through the course. How are academic study skills developed in the curriculum?

Learning support will be provided in the following ways:

Each student will be allocated a personal tutor.
Module tutorial support will be factored into each module.
Students with disabilities are able to gain a wide range of support from the Student Enabling Centre.
Support for academic skills will be embedded into the curriculum.
Students are able to access a wide range of resources to support their learning via the 'Skills for Learning' programme.
Extensive Learning Centre support is available, including via the online chat information service 'ASSIST.'

All learners will have access to two Sports Halls and a gymnasium. Lessons with practical elements will take place within these facilities. In addition, students will have prioritised rooming and availability of IT facilities. Where applicable those students who require additional support can be afforded both ALS and attached to a mentor.

14	Any Distinctive Features of the course
	This section should be used to explain to a student the unique or special aspects of this course. Why should a student study this course as opposed to a similar one at another institution?

Students who complete the Foundation Degree in Sport & Exercise Science are able to progress on to level 6 (final year) of the BSc (Hons) Sport & Exercise Science at the University of Wolverhampton.

Students on the course will benefit from access to specialist staff and an excellent range of facilities

15	**Overview of Assessment of Course Learning Outcomes (CLO) and Blended Learning in core and option modules** *In column 1 note the module codes. The purpose is to demonstrate that all the course outcomes shown in section 8 are assessed in the course. Use the table below to identify:* *- which core or option modules will assess which learning outcomes identified in sections 8. Please tick as appropriate* *- where each of the Blended Learning entitlements are met* *- which assessment methods are being used.*							
List Module Codes	CLO1	CLO2	CLO3	CLO4	CLO5	CLO6	Which Blended Learning entitlements are met? (1-6)	What summative assessment methods are to be used?
4SR005 Measurement and Evaluation In Sport and Exercise Science	✓	✓	✓	✓	✓	✓	1,2,3, 5 & 6	1. Portfolio
4SR006 Introduction to Exercise Physiology		✓	✓	✓		✓	1,2,3 & 6	1.In class test
4SR007 Introduction to Biomechanics of Human Movement		✓	✓	✓		✓	1, 2, 3 & 6	1.Examination
4SR008 Foundations of Sport and Exercise Psychology		✓	✓	✓		✓	1,2,3,5 & 6	1.Group work
4SR026 Physical Activity, Sedentary Behaviour and Health	✓	✓	✓	✓	✓	✓	1,2,3, 5 & 6	1. Coursework
4SR027 Research Skills for Sport Exercise & Science	✓	✓	✓	✓	✓	✓	1,2,3, 5 & 6	1.Coursework
5SR003 Training principles for sports performance	✓	✓	✓	✓	✓	✓	1, 2, 3, 5 & 6	1. Case Study
5SR004 Sport and Exercise Psychology		✓	✓	✓		✓	1, 2,3, 5 & 6	1.Portfolio 2.Portfolio
5SR007 Sport and Exercise Physiology		✓	✓	✓		✓	1,2,3, 5 & 6	1.Portfolio
5SR008 The Biomechanics of Sport and Exercise		✓	✓	✓		✓	1,2,3,5 & 6	1.Portfolio
5SR023 Research Methods and Analytical Procedures	✓	✓	✓	✓	✓	✓	1,3,5 & 6	1.Coursework 2.Coursework
5SR032 Sport & Exercise Science Placement	✓	✓	✓	✓	✓	✓		

Version	3.2	Author	ASQ
Approved date	June 2014	Approved by	ASQ
Review date	June 2015		