

## Changes to previous information

During the global COVID-19 pandemic, we prioritised the health, wellbeing and safety of our students and staff.

As we start the new academic year, your health, wellbeing and safety remains our top priority. This means when we return to our campuses and buildings in September 2020 social distancing and other health and safety measures will be in place. This is to help keep you, and others around you, safe. We will respond to the requirements of vulnerable students regarding their personal safety on an individual basis.

We remain committed to delivering an outstanding education and student experience both on campus and online. Like most universities, we'll be providing a mix of on-site face-to-face and digital learning and teaching. The exact mix will vary between courses and course modules taking into account teaching requirements and other considerations such as meeting the safety of vulnerable staff.

It is important to emphasise that a face-to-face, on-site experience will be delivered within the Government and Public Health England guidance and providing there are no serious unforeseeable public health issues that result in the Government introducing further lockdown measures.

Our response to the pandemic means we may have made changes to your course. This is to take account of these important health and safety measures.

We ask you to read the information provided about course changes carefully. We detail what we include in our online prospectus and explain what has changed.

You should read our statement of changes alongside any information provided in videos, at open days or in other promotional materials. This is because the information may also have been affected by the changes we had to make. We are providing this information so you can make an informed choice about whether the course remains suitable for you.

When you register for your course, you will be asked to confirm you have read about our changes and you agree to them. It means that by choosing to continue with your application, and register with us, you accept these changes and are happy to study your course with us.

We really look forward to seeing you in the next academic year. In the meantime, if you want to find out more about University life from this September, and being part of our supportive and welcoming community, please visit our [September 2020 web pages](#).

	Current published course related information	Changes to previous information
Course title	Sport and Exercise Science with Foundation Year	
Award level	BSc – Single honours only	
<b>How do you want to study?</b>		
Start Date	September 2020 & September 2021	
Modes of study	Full-time	
Duration	4 years full-time	
UCAS code	C608	
Location	Canterbury	
Partner institution	N/A	
Available with a Foundation Year	N/A	
<b>Overview</b>		
	<p>Whether you are a school leaver or would like to return to study but don't have the entry requirements, a foundation year may be just what you're looking for.</p> <p>Explore the science behind sports performance and physical activity under the guidance of a dynamic team of research-active staff.</p> <p>You will study a range of topics, all with an emphasis on real-life application. Choose from pathways in sport and exercise sciences, competitive sport performance or exercise and health outcomes.</p> <p>Our labs give you the opportunity to measure and assess physical activity in athletes. You can also gain experience in our consultancy service, SportsLab, using your knowledge to help athletes improve their performance.</p>	
<b>Why study Sport and Exercise Science with Foundation Year?</b>		
	<p>Sport and Exercise Science is a great choice if you want to focus your studies on the relationship between exercise and the human body. It involves exploring the body</p>	<p>Practical engagement may take the form of both physical and digital sessions. Access to equipment may depend upon restrictions associated</p>

	<p>at a cellular level and analysing the impact of sport and exercise on the body as a whole.</p> <p>On our applied Sport and Exercise Science course you'll explore sports performance and the factors that affect behaviour in sport. You'll gain a solid understanding of the science behind sport and exercise while developing practical skills in our dedicated labs. Key areas that you'll study include biomechanics, physiology, psychology and sociology.</p> <p>During the foundation year, you'll develop a grounding in scientific principles, practical skills and the application of science to sport and exercise. You'll learn in a highly supportive environment where you can develop your self-confidence, knowledge and skills.</p> <p>We offer excellent resources in our dedicated labs, so you can carry out research and apply yourself using specialist equipment including: eye-tracker technology; brain imaging equipment (EEG); reaction timers; gas analysis systems; cardiac screening equipment; 3D imaging; isokinetic and balance dynamometry; sprint timing systems and other sport/exercise related equipment (treadmills and weights, for example).</p> <p>During the course, you'll have a 'consultancy' and 'research' informed experience whereby you'll participate activities linked to our consultancy unit, the 'SportsLab', which provides scientific services for sports people. You'll also have opportunities for paid employment working for SportsLab.</p> <p>You'll be taught by a passionate, research active team of academics and supported by specialist technical staff.</p> <p>Throughout the course, you'll develop transferable skills that will prepare you for employment. From team working and effective communication to research and organisational skills, you'll be building in confidence and ability all the time, so that by</p>	<p>with CV-19.</p> <p>Laboratory access may have additional restrictions based on health and safety issues during CV-19.</p>
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	<p>the time you graduate you're fully prepared to follow your career aspirations.</p> <p>We have been offering sport and exercise science courses for over 35 years, making us one of the longest standing sport and exercise science providers in the UK.</p>	
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Entry requirements	Applicants should normally have 32 UCAS Tariff points. We will also welcome applications from students with few or no formal Level 3 qualifications who wish to return to education and applicants may be asked to attend an interview.	
About the course		
	<p>During the foundation year, you will gain fundamental knowledge and skills needed to progress to Year 1 of the degree. You'll focus on:</p> <ul style="list-style-type: none"> <li>• academic writing and study skills</li> <li>• theoretical and practical skills in scientific method</li> <li>• personal and career development.</li> </ul> <p>As you progress to the degree, you'll study modules that focus on:</p> <ul style="list-style-type: none"> <li>• Sport and Exercise Biomechanics – the analysis of human movement during sport, exercise and rehabilitation.</li> <li>• Sport and Exercise Physiology – the study of the energy provision, system physiology, physiological responses and adaptations.</li> <li>• Sport and Exercise Psychology – the cognitive, emotional and behavioural consequences of participation in sport or physical activity, the ways in which physical, motor and perceptual skills are learned and coached.</li> <li>• Sport and Exercise Sociology – sociocultural relations, historical development of sport, sport media relations, sport in stratified societies, sport subcultures and global sport development.</li> </ul> <p>You will have the choice of selecting one of three pathways when you complete your first year of the degree. These are:</p> <ul style="list-style-type: none"> <li>• Sport and Exercise Science (Sport Performance) – allowing you to focus your studies on the science of competitive sport.</li> <li>• Sport and Exercise Science (Exercise</li> </ul>	

	<p>&amp; Health) – allowing you to focus your studies on the science of physical activity, fitness and wellbeing.</p> <ul style="list-style-type: none"> <li>• Sport and Exercise Science – allowing you to study a broad range of areas related to the science underpinning health, fitness and competitive sport outcomes.</li> </ul> <p>All of these pathways include the core modules of Research Methods and Career Skills Development in Year 2 and either Applied Research Study or Research and Career Planning in your final year.</p>	
<p><b>Module information</b> Please note that the list of optional modules and their availability may be subject to change. We continually review and where appropriate, revise the range of modules on offer to reflect changes in the subject and ensure the best student experience. Modules will vary when studied in combination with another subject.</p>		
<p>Core Foundation year</p>		
	<p><i>Practical Studies in Sport and Exercise Core module - (20 Credits)</i></p> <p>This module will introduce you to a number of practical environments and will provide you with experiences of various client groups in the fields of sport and exercise science, sport coaching science, and strength and conditioning. You will have the opportunity to explore fundamental theories through practical engagement, where you'll reflect on experiences of the client and practitioner.</p>	<p><i>Practical Studies in Sport and Exercise Core module - (20 Credits)</i></p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
	<p>Key Concepts in Kinesiology Core module - (20 Credits)</p> <p>In this module, you will investigate key concepts in kinesiology. There will be demonstrations in the laboratory setting and, using data, you'll explore broad areas such as exercise interventions for sport performance, exercise with clinical patients, and rehabilitation. There will be significant focus on building your knowledge of key structures and function, and how physical laws are applied in a sport and exercise setting.</p>	<p>Key Concepts in Kinesiology Core module - (20 Credits)</p> <p>I</p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
	<p>Scientific Skills in Sport and Exercise 1 Core module - (20 Credits)</p>	<p>Scientific Skills in Sport and Exercise 1 Core module - (20 Credits)</p>

	<p>In this module, you'll study key scientific concepts that need to be considered when investigating sport from a scientific perspective. You will explore areas such as the ethics of studying human participants, reliability and validity of measurement, pre-assessment procedures, health and safety, and calibration of equipment.</p>	<p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
	<p>Scientific Skills in Sport and Exercise 2 Core module - (20 Credits)</p> <p>Building on the Scientific Skills in Sport and Exercise 1 module, you'll enhance your scientific skills and learn about the complex nature of science, and how the disciplines associated with the scientific study of sport can interact to enhance knowledge and problem solve. You will consider problems from across the range of sport and exercise science disciplines through demonstrations of how research can be enhanced by inter/multi disciplinary investigation.</p>	<p>Scientific Skills in Sport and Exercise 2 Core module - (20 Credits)</p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
	<p>Social and Psychological Aspects of Sport and Exercise Core module - (20 Credits)</p> <p>In this module, you'll explore the application of scientific principles in relation to social and psychological aspects of sport and exercise. You will be introduced to stratified dimensions of society which could include social class, social mobility, race and ethnicity, gender and sexuality, age and (dis)ability. You will also start to learn how to investigate the nature of individual behaviour and group dynamics related to sport and exercise psychology.</p>	
	<p>Orientation to Foundation Studies Core module - (20 Credits)</p> <p>During this module, you will participate in sessions to develop your study skills. These will include study-planning, introduction to different types of assessment, reading, note taking and referencing from academic sources.</p>	
Core year 1		
	<p>Orientation to Higher Education and Research in the Sport and Exercise Sciences Core module - (20 Credits)</p>	<p>Orientation to Higher Education and Research in the Sport and Exercise Sciences</p>

	<p>This module will support your transition to higher education by helping you build your skills and become more independent and self-managed in your approach to study, learning and time management. You'll develop skills and techniques used in the study of sport and exercise and you will look at the way in which research is conducted in sport and exercise science. This will help you begin to develop a scientific approach to your studies.</p>	<p>Core module - (20 Credits)</p> <p>This module will support your transition to higher education by helping you build your skills and become more independent and self-managed in your approach to study, learning and time management. You'll develop skills and techniques used in the study of sport and exercise and you will look at the way in which research is conducted in sport and exercise science. This will help <b>you</b> begin to develop a scientific approach to your studies.</p>
	<p>Psychology of Sport, Exercise and Skill Acquisition Core module - (20 Credits)</p> <p>The aim of this module is to provide you with an introduction to the fundamental psychology that underpins our understanding of human behaviour and learning in sport and exercise settings. You will examine central concepts, such as personality, attributions, aggression, motivation, arousal, anxiety and stress, with reference to behaviour in the sport, exercise and the physical activity setting. You will also explore the nature and development of groups, and the influence of group dynamics on individual behaviour, along with cognitive processes involved in skill acquisition and performance, and the relationships between exercise participation and health and well-being.</p> <p>This module is compulsory for single honours students and optional for combined honours students.</p>	
	<p>Sport, Exercise and Fitness Core module - (20 Credits)</p> <p>The aim of this module is to explore the nature of sport and exercise training for fitness through theoretical and practical</p>	<p>Sport, Exercise and Fitness Core module - (20 Credits)</p> <p><b><u>Practical engagement may take the form of both physical and digital</u></b></p>



	<p>(laboratory and gym) experiences. This module will introduce you to the concept of exercise training specificity in relation to those with either sport and/or fitness oriented goals, and will provide a firm foundation for those seeking employment in the fitness industry.</p> <p>Optional module for single honours students only.</p>	<p><b><u>sessions.</u></b></p>
Optional year 1		
	<p>Biomechanics in Sport and Exercise Core module - (20 Credits)</p> <p>This module introduces you to the biomechanical basis of sport and exercise, through practical laboratory experiences underpinned by scientific theory. The module provides a foundation in the analysis of human movement, covering basic movement terminology, functional anatomy and principles of movement. Through laboratory work, you'll start learning about fundamental biomechanical concepts in the study of human movement in sport and exercise.</p> <p>This module is compulsory for single honours students and optional for combined honours students.</p>	<p>Biomechanics in Sport and Exercise <b><u>Optional</u></b> module - (20 Credits)</p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
	<p>Sport and Exercise Physiology Core module - (20 Credits)</p> <p>In this module, you'll explore key topics in physiology, including energy systems, the process of muscle contraction and the cardio respiratory system. Through laboratory practical work, you'll explore the physiological effects of these systems during exercise. You will study the anatomy and physiology of gross structures and the responses and adaptations of these structures to sport and exercise training.</p> <p>This module is compulsory for single honours students and optional for combined honours students.</p>	<p>Sport and Exercise Physiology <b><u>Optional</u></b> module - (20 Credits)</p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
	<p>Sport, Culture and Society Core module - (20 Credits)</p>	<p>Sport, Culture and Society <b><u>Optional</u></b> module - (20 Credits)</p>

	<p>An understanding of sociology can be very useful in order to study and investigate sport, culture and society. In this module, you will begin by exploring the historical development and management of modern sport from its folk roots. You'll then study a number of social factors in sport such as gender, sexuality, race, ethnicity, and disability, to help you understand the social problems and social issues associated with sport. You will also learn about various theories that can help conceptualise sport and exercise as a social phenomenon; these could relate to globalisation, national identity, deviance, the media and the environment.</p> <p>This module is compulsory for single honours students and optional for combined honours students.</p>	
Core year 2		
	<p>Research Methods and Career Skills Development Core module - (20 Credits)</p> <p>You will explore alternative approaches to research within the sport and exercise sciences, and the philosophies and practices associated with each. You'll analyse the research process from conceptualisation through to presentation and you will develop an understanding of how to design research, collect, analyse and interpret data, and present research in an appropriate manner. You'll develop your ability to critically evaluate and conduct research in sport and exercise science, which will help to prepare you for your final year of study.</p>	
Optional year 2		
	<p>Psychology of Sport Optional module - (20 Credits)</p> <p>In this module, you'll examine a range of factors that influence the competitive sport performance of both individual athletes and teams. This could include psychological phenomena, such as individual motivation, and confidence and anxiety; it could also include social psychological processes, such as group motivation and cohesion, the</p>	

	nature of the group environment and the components of effective leadership.	
	<p>Psychology of Exercise and Health Optional module - (20 Credits)</p> <p>In this module, you'll investigate a number of the psychological factors that are associated with the adoption of and adherence to active lifestyles. You'll look specifically at the cognitive and affective consequences of participation in exercise programmes, and the impact of these on health and wellbeing. An additional topic that is currently being explored is the motivational effects of music in exercise settings.</p>	
	<p>Skill Acquisition Optional module - (20 Credits)</p> <p>There are many roles within the sport sector which require well-qualified people to teach, develop and enable others to successfully execute skilled movements. This module offers you insight into some of the factors that influence the acquisition and performance of perceptual and motor skills in sport. You will develop an understanding of selected cognitive and ecological methodologies to skilled performance. These theoretical approaches to skill acquisition will be used to critique the design and organisation of current coaching practice.</p>	
	<p>Biomechanical Analysis of Movement Optional module - (20 Credits)</p> <p>In this module, you'll explore the biomechanical principles that influence physical performance. Through the application of selected theoretical concepts to sport and exercise contexts, you will develop your competency in the scientific techniques used to evaluate biomechanical aspects of exercise. This module currently focuses on biomechanical principles of motion (conservation of momentum, impulse momentum relationship, and work energy relationship), covering topics such as linear and angular kinematics and kinetics, forces and impulse, loading and injury,</p>	<p>Biomechanical Analysis of Movement Optional module - (20 Credits)</p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>

	projectile motion, and fluid dynamics.	
	<p>Sport and Exercise Training Optional module - (20 Credits)</p> <p>In this module, you'll explore selected physiological factors that influence physical performance, as well as the methods used to enhance these factors in the context of both sport and exercise. You'll study the physiological determinants of fitness, investigate technology and methods to collect, analyse and interpret the data from specific fitness assessments, and you'll consider the role and limitations of training theory.</p>	<p>Sport and Exercise Training Optional module - (20 Credits)</p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
	<p>Nutrition for Sport and Exercise Optional module - (20 Credits)</p> <p>In this module, you'll explore the interaction between nutritional factors and physiological function associated with sport and exercise performance. You'll investigate current thinking on key nutritional principles and methods of data analysis in this field. You'll also explore the efficacy of common dietary practices used in sport and exercise to promote health and performance.</p>	<p>Nutrition for Sport and Exercise Optional module - (20 Credits)</p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
	<p>Identities and Lifestyles in Sport and Exercise Optional module - (20 Credits)</p> <p>In this module, you'll consider the cultural meaning and significance of sport and exercise in selected societies. You will explore the nature and characteristics of sport and exercise-related sub cultures by focusing on specific sociological themes and issues, which may be related to deviancy such as violence, drug taking and over conformity to the 'sports ethic'. You will investigate the symbolic nature of the body in sport and exercise and you'll study aspects of research methods.</p>	
	<p>Strength &amp; Conditioning for Exercise and Health OR Strength &amp; Conditioning for Sport Performance Optional module/Single honours only - (20</p>	<p>Strength &amp; Conditioning for Exercise and Health OR Strength &amp; Conditioning for Sport Performance Optional module/Single honours only -</p>

	<p>Credits)</p> <p>In these modules, you'll develop a balanced understanding of key theoretical and practical considerations within the area of strength and conditioning science, and how these are implemented within either the health and fitness industry or in an attempt to enhance sports performance and athletic development. You will learn how to accurately prescribe a series of exercise modalities within a structured programme for an individual exerciser or athlete based around their needs-analysis.</p>	<p>(20 Credits)</p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
<p>Core year 3</p>		
	<p>Applied Research Study OR Research and Career Planning Core module - (40 Credits)</p> <p>These two modules offer you the opportunity to undertake an in-depth study of a particular topic or issue related to the sport and exercise science sub- disciplines. You will be able to build on the knowledge, understanding and skills developed earlier on in the course and further explore or propose the use of quantitative and/or qualitative research methodologies.</p> <p>This module is compulsory for single honours students and optional for combined honours students.</p>	<p><b><u>Applied Research Study - (40 credits)</u></b> <b><u>OR</u></b> <b><u>Individual Research Project - (20 Credits)</u></b></p> <p>These two modules offer you the opportunity to undertake an in-depth study of a particular topic or issue related to the sport and exercise science sub- disciplines. You will be able to build on the knowledge, understanding and skills developed earlier on in the course and further explore or propose the use of quantitative and/or qualitative research methodologies.</p> <p>This module is compulsory for single honours students and optional for combined honours students.</p>
		<p><b><u>Research and Career Planning – (20 credits)</u></b></p> <p><b><u>This module offers you the opportunity to critically reflect upon the knowledge, understanding and skills developed during your programme of study and how these align with the Canterbury Christ Church University ‘Future 360 Framework’. The purpose of which is to develop you as an enterprising and</u></b></p>

		<p><b><u>professional graduate. During this module you will have engage with materials developed in conjunction with careers experts and leaders in the field of the sport and exercise sciences.</u></b></p> <p><b><u>Core for single honours students only.</u></b></p>
Optional year 3		
	<p>Applied Sport Psychology Optional module - (20 Credits)</p> <p>In this module, you'll undertake an in-depth study of a particular topic in the sport and exercise sciences. You will use the knowledge and skills developed earlier in the course to design, carry out, analyse and write up an individual research project. Throughout the module, you will benefit from supervision from a member of the academic staff with teaching responsibilities and/or research interests in the your area of study.</p>	
	<p>Psychology of Sport Coaching Optional module - (20 Credits)</p> <p>You'll examine the processes and principles of coaching both adults and children in sport. You will gain significant theoretical and practical experience of different approaches to coaching practice and the application of coaching ideologies in a variety of sports. The module probes coaching research and current issues in coach behaviour, currently including such topics as the coach--athlete relationship, coaching styles, modes of communication, and motivational climates.</p>	<p>Psychology of Sport Coaching Optional module - (20 Credits)</p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
	<p>Applied Exercise and Health Psychology Optional module - (20 Credits)</p> <p>In this module, you'll investigate the processes involved in developing, delivering and evaluating a sport psychology intervention. You'll develop your understanding of the practical techniques and processes commonly used by sport psychologists, and you'll learn about the perils and promise of applied sport psychology.</p>	

	<p>Applied Technique Analysis Optional module - (20 Credits)</p> <p>In this module, you'll study the analysis of technique with distinct focus on the technologies used to develop sports and exercise equipment and evaluate performance and training. You will critically appraise selected sport and exercise skills and sports footwear, with consideration of sport-specific injuries. You'll then go on to evaluate a sport or exercise performance, applying appropriate theory and research in biomechanics.</p>	<p>Applied Technique Analysis Optional module - (20 Credits)</p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
	<p>Sporting Extremes Optional module - (20 Credits)</p> <p>In this module, you'll consider specific aspects of exercise physiology associated with selected sporting extremes and their potential impact on an individual's ability to perform strenuous physical exercise. These currently include the physiological considerations of participating in sport and exercise at extremes of age and environmental conditions, as well as some of the physiological parameters governing the limits of human training/performance capacity.</p>	<p>Sporting <b>and Exercise</b> Extremes Optional module - (20 Credits)</p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
	<p>Physical Activity and Health Optional module - (20 Credits)</p> <p>This module provides insight into the origins of physical activity and health. You will develop a critical understanding of the link between physical activity and various forms of ill-health. This currently includes cardiovascular disease, cancer, high blood pressure, lung disease, obesity, diabetes and renal disease. A laboratory practical series will prepare you to conduct a cardiopulmonary exercise test, assess coronary heart disease risk profile and provide appropriate physical activity/exercise prescription.</p>	<p>Physical Activity and Health Optional module - (20 Credits)</p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
	<p>Nutritional Strategies for Sport &amp; Exercise Optional module - (20 Credits)</p> <p>In this module, you will explore nutritional strategies associated with enhancing health, exercise and sports performance. You will</p>	<p>Nutritional Strategies for Sport &amp; Exercise Optional module - (20 Credits)</p> <p><b><u>Practical engagement may take the</u></b></p>

	<p>investigate established and contemporary strategies based around broad themes of body weight loss and weight gain, altering substrate use during sport and exercise, and the nutritional challenges faced by specific clients. There will be focus on pre/during/post exercise nutritional strategies and you will consider practices that are (and are not) supported by a volume of scientific literature.</p>	<p><b><u>form of both physical and digital sessions.</u></b></p>
	<p>Rethinking Sport, Health and Body Cultures Optional module - (20 Credits)</p> <p>This module requires you to think critically about the social construction of the body and identity amongst dominant cultures in sport, physical education and leisure. You'll start by considering the historical underpinnings that inform how we conceptualise the body in contemporary society. You'll then focus on how the body may be theorised and the pressures of having the 'perfect' body, and the moralisation of health and wellness. You will explore the oppression and inequalities in a range of identities in sport, physical education and leisure, including gendered bodies, sexual bodies, disabled bodies and 'cyborg' bodies.</p>	
		<p><b><u>Sport Performance Analysis Optional module/Single honours only - (20 Credits)</u></b></p> <p><b><u>In this module, you'll develop theoretical understanding, practical experience and analytical appreciation in the expanding field of sports performance analysis. You'll learn how the methods and processes of notational analysis can inform athletes, coaches and sport scientists with the aim of improving performance outcomes.</u></b></p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>



		<p><b><u>Exercise Referral</u></b>  <b><u>Optional Module/Single Honours Only</u></b>  <b><u>– (20 credits)</u></b></p> <p><b><u>This module will investigate the role of exercise in the prevention, treatment and/or management of selected health conditions in primary and secondary disease populations. Students will evaluate the efficacy of exercise as an alternative or supplementary prescription to traditional medical intervention and develop knowledge and understanding of the interaction of disease states and a more universal approach to treatment.</u></b></p> <p><b><u>Practical engagement may take the form of both physical and digital sessions.</u></b></p>
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How you'll learn		
Teaching	<p>You will be taught through a combination of real and virtual lectures, seminars, practical sessions, labs, workshops and tutorials.</p> <p>Seminars and tutorials in smaller groups will enable you to discuss and develop your understanding of topics covered in lectures and other sessions. In addition, you will meet with your personal academic tutor on a regular basis.</p> <p>All courses are informed by the University's Learning and Teaching Strategy 2015-2022.</p>	<p><i>All programmes will be designed to accommodate blended learning approaches ensuring the learning design purposefully, thoughtfully and effectively integrates on-site face-to-face and digital learning opportunities, informed and driven by student needs.</i></p> <p><i>All lectures will be delivered digitally, (small) interactive lectures may be accommodated on campus (subject to availability).</i></p> <p><i>Contact hours are defined as hours in which a student interacts through thoughtfully structured activity to include:</i></p> <ul style="list-style-type: none"> <li><i>· On-site face-to-face teaching</i></li> <li><i>· Synchronous live digital teaching</i></li> <li><i>· Asynchronous digital activities as part of structured learning (for example, running a discussion activity regarding an aspect of the current topic through Blackboard Collaborate, Padlet or Blackboard Discussion Boards). A pre-recorded lecture presentation can also be included in this definition provided it is part of a broader structured activity.</i></li> </ul> <p>Meetings can take place with academic tutors both face to face and or virtually depending upon student preference.</p>
Independent study	<p>When not attending lectures, seminars, workshops or other timetabled sessions you will continue learning through self-study. Typically, this involves reading journal articles and books, undertaking research in the library, working on projects, and preparing for workshops, seminars,</p>	

	<p>coursework and examinations.</p> <p>Each module tutor will direct you towards specific readings and/or activities to complete before and/or after class to support your learning and development. Your allocated personal academic tutor will help you review your performance, and support your independent learning.</p>	
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Overall workload	<p>Your overall workload typically consists of 10-14 contact hours per week. You will also undertake 15-20 hours of independent learning and assessment related activity each week.</p> <p>During each semester you will normally study three modules, so each module will have a 10-12 hour commitment per week.</p>	
Academic input	<p>The teaching team consists of highly qualified academics, supported by a skilled technical team. They have a range of expertise and experience across the breadth of disciplines in science generally, and sport and exercise science specifically.</p> <p>The majority of staff hold the highest academic qualification (doctorate), with a small number of staff working towards achieving this standard. Staff are research-active and many of the teaching team are at the forefront of their research fields in the UK and beyond. They have substantial experience in delivering research led and research informed teaching.</p> <p>You can find out more about the current teaching teams on our Sport and Exercise Sciences Staff web pages. You should note that members of the teaching team might change.</p> <p>Postgraduate students sometimes assist in teaching and assessing some modules. However, experienced academics teach the vast majority of lectures and seminars.</p>	
<b>How you'll be assessed</b>		
	<p>The course frequently provides you with opportunities to test your understanding of the subject informally before you complete the formal assessments that count towards your final mark. Many modules contain practice or 'formative' assessments or similar submissions for which you receive feedback from your tutor. Formative or practice assessments and submissions are developmental and any grades you receive for them do not count towards your module mark.</p> <p>The formal or 'summative' assessments on</p>	

	<p>each module are planned to take account of two inter dependent aspects - the acquisition of relevant theory / principles, and the development of both academic and practical skills.</p> <p>Assessment methods include a range of coursework assessments such as essays, reports, portfolios,</p> <p>presentations, your final year project (dissertation) and written examinations. The grades from formal assessments count towards your module mark.</p>	
<b>Your Future Career</b>		
	<p>The Sport and Exercise Science degree opens up routes into teaching, through the PGCE (e.g. Physical Education), and prepares you for further postgraduate study at all levels through to PhD. It also qualifies you for roles in sport, physical activity and health administration and research, health and fitness publishing, as well as the expanding leisure industry.</p> <p>In addition, it provides an excellent foundation for careers in the public sector, including the medical professions (cardiac rehabilitation, physiotherapy, health promotion and medical sales), whilst both the armed and police forces have looked favourably upon our graduates.</p> <p>Wherever your career aspirations lie, a successfully completed Sport and Exercise Science degree will equip you with both the specific and generic knowledge and skills that may provide that essential 'edge' when trying to make a mark in today's competitive job and postgraduate degree market.</p>	
<b>Fees</b>		
UK/EU	Full-time – Foundation Year 0 £7,050	
	Full-time – years 1-3 £9,250	
Overseas	Full-time – Foundation Year 0 £9,910	
	Full-time – years 1-3 £13,000	

Course specific costs		
Clothing / Kit	Corporate (badged by programme) sports kit purchase is optional. Price list by garment is sent to students via online induction web page normally in July prior to the start of their course.	
Other important information		
	N/A	
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