



UNIVERSITY OF
PORTSMOUTH

COURSE SPECIFICATION

BSc (Hons) Exercise and Fitness Management

Academic Standards, Quality and Partnerships
Department of Student and Academic Administration

March 2018

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COURSE SPECIFICATION

Course Title	<i>BSc (Hons) Exercise and Fitness Management</i>
Final Award	<i>BSc (Hons)</i>
Exit Awards	<i>120 credits CertHE; 240 credits DipHE</i>
Course Code / UCAS code (if applicable)	<i>C2449S/P (C602)</i>
Mode of study	<i>full time or part time</i>
Mode of delivery	<i>Campus</i>
Normal length of course	<i>3 years, 4 years with placement</i>
Cohort(s) to which this course specification applies	<i>September 2019 intake onwards</i>
Awarding Body	<i>University of Portsmouth</i>
Teaching Institution	<i>University of Portsmouth</i>
Faculty	<i>Faculty of Science & Health</i>
School/Department/Subject Group	<i>School of Sport, Health and Exercise Science</i>
School/Department/Subject Group webpage	<i>http://www.port.ac.uk/department-of-sport-and-exercise-science/</i>
Course webpage including entry criteria	<i>http://www.port.ac.uk/courses/sports-science/bsc-hons-exercise-and-fitness-management/</i>
Professional and/or Statutory Regulatory Body accreditations	<i>Register of Exercise Professionals (REPS)</i>
Quality Assurance Agency Framework for Higher Education Qualifications (FHEQ) Level	<i>Level 4, 5, 6</i>

This course specification provides a summary of the main features of the course, identifies the aims and learning outcomes of the course, the teaching, learning and assessment methods used by teaching staff, and the reference points used to inform the curriculum.

This information is therefore useful to potential students to help them choose the right course of study, to current students on the course and to staff teaching and administering the course.

Further detailed information on the individual modules within the course may be found in the relevant module descriptors and the Course Handbook provided to students on enrolment.

Please refer to the [Module Web Search](#) for further information on the course structure and modules.

Educational aims of the course

- provide an intellectually stimulating environment that develops critical and reflective knowledge and understanding within exercise and fitness management
- enable students to benefit from a broad curriculum that embodies academic excellence informed by practice and research within exercise and fitness management
- encourage students to synthesise new and existing knowledge to generate ideas and develop creative solutions
- enable students to locate, access and engage with information using current and emerging digital technologies
- develop skills to become effective team players, able to provide leadership and support whilst communicating clearly and effectively
- to enhance students' career and employment prospects by providing opportunities for career-enhancing activities to strength their personal development
- to support the student experience through effective management and improvement of the learning and teaching resources

Course Learning Outcomes and Learning, Teaching and Assessment Strategies

The [Quality Assurance Agency for Higher Education \(QAA\)](#) sets out a national framework of qualification levels, and the associated standards of achievement are found in their [Framework for Higher Education Qualifications](#) document.

The Course Learning Outcomes for this course are outlined in the tables below.

A. Knowledge and understanding:

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
A1	<i>Describe in detail key concepts and principles underpinning the study of exercise and fitness management</i>	<ul style="list-style-type: none"> • Lectures • Practical sessions • Seminars • Tutorials 	<ul style="list-style-type: none"> • Reports • Practical skills assessments • Written exams • Oral assessments • Written assignments • Dissertation • Portfolios
A2	<i>Utilise underpinning knowledge and understanding of human responses and adaptations to exercise and fitness interventions to explain observed outcomes</i>	<ul style="list-style-type: none"> • Lectures • Practical sessions • Seminars • Tutorials 	<ul style="list-style-type: none"> • Reports • Practical skills assessments • Written exams • Oral assessments • Written assignments • Dissertation • Portfolios
A3	<i>Evaluate the planning, management and delivery of sporting opportunities</i>	<ul style="list-style-type: none"> • Lectures • Seminars • Workshops • Group work exercises 	<ul style="list-style-type: none"> • Essays • Reports • Portfolios • Presentations • Examinations

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
		<ul style="list-style-type: none"> • Field work and site visits • Practical and vocational experiences 	<ul style="list-style-type: none"> • Practical assessments • Reflective accounts
A4	<i>Utilise and develop research methodologies and ethical considerations related to human participation in exercise</i>	<ul style="list-style-type: none"> • Lectures • Practical sessions • Seminars • Tutorials 	<ul style="list-style-type: none"> • Reports • Oral assessments • Written assignments • Dissertation

B. Cognitive (Intellectual or Thinking) skills:

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
B1	<i>Critically evaluate information from a variety of sources</i>	<ul style="list-style-type: none"> • Lectures • Practical sessions • Seminars • Tutorials 	<ul style="list-style-type: none"> • Reports • Practical skills assessments • Written exams • Oral assessments • Written assignments • Dissertation • Portfolios
B2	<i>Apply appropriate scientific and management techniques in a variety of situations</i>	<ul style="list-style-type: none"> • Practical sessions • Seminars 	<ul style="list-style-type: none"> • Reports • Practical skills assessments • Oral assessments • Written assignments • Dissertation • Portfolios

C. Practical (Professional or Subject) skills:

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
C1	<i>Display the appropriate enquiry skills to conduct measurement and/or analytical procedures in a safe, reliable and precise manner</i>	<ul style="list-style-type: none"> • Practical sessions • Seminars 	<ul style="list-style-type: none"> • Reports • Practical skills assessments • Dissertation

D. Transferrable (Graduate and Employability) skills:

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
D1	<i>Utilise leadership or collaborative working skills to support success</i>	<ul style="list-style-type: none">• Lectures• Practical sessions• Seminars• Tutorials	<ul style="list-style-type: none">• Reports• Practical skills assessments• Oral assessments• Written assignments• Dissertation• Portfolios
D2	<i>Communicate effectively key aspects / findings to a variety of audiences using a range of media</i>	<ul style="list-style-type: none">• Lectures• Practical sessions• Seminars• Tutorials	<ul style="list-style-type: none">• Reports• Practical skills assessments• Oral assessments• Written assignments• Dissertation• Portfolios
D3	<i>Identify and use the appropriate resources (human and physical) to enable the successful completion of a task in a timely manner</i>	<ul style="list-style-type: none">• Lectures• Practical sessions• Seminars• Tutorials	<ul style="list-style-type: none">• Reports• Practical skills assessments• Oral assessments• Written assignments• Dissertation• Portfolios

Academic Regulations

The current University of Portsmouth [Academic Regulations](#) will apply to this course.

Support for Student Learning

The University of Portsmouth provides a comprehensive range of support services for students throughout their course, details of which are available at the [MyPort](#) student portal.

Evaluation and Enhancement of Standards and Quality in Learning and Teaching

The University of Portsmouth undertakes comprehensive monitoring, review and evaluation of courses within clearly assigned staff responsibilities. Student feedback is a key feature in these evaluations, as represented in our [Policy for Listening to and Responding to the Student Voice](#) where you can also find further information.

Reference Points

The course and outcomes have been developed taking account of:

Insert additional reference points or delete as required

Course specification for **BSc (Hons) Exercise and Fitness Management**

- [University of Portsmouth Curriculum Framework Specification](#)
- [University of Portsmouth Education Strategy 2016 - 2020](#)
- [University of Portsmouth Code of Practice for Work-based and Placement Learning](#)
- [Quality Assurance Agency UK Quality Code for Higher Education](#)
- [Quality Assurance Agency Qualification Characteristic Statements](#)
- [Quality Assurance Agency Subject Benchmark Statement](#) for Events, Hospitality, Leisure, Sport and Tourism
- [Quality Assurance Agency Framework for Higher Education Qualifications](#)
- Vocational and professional experience, scholarship and research expertise of the University of Portsmouth's academic members of staff

Disclaimer

The University of Portsmouth has checked the information provided in this Course Specification and will endeavour to deliver this course in keeping with this Course Specification. However, changes to the course may sometimes be required arising from annual monitoring, student feedback, and the review and update of modules and courses.

Where this activity leads to significant changes to modules and courses there will be prior consultation with students and others, wherever possible, and the University of Portsmouth will take all reasonable steps to minimise disruption to students.

It is also possible that the University of Portsmouth may not be able to offer a module or course for reasons outside of its control, for example, due to the absence of a member of staff or low student registration numbers. Where this is the case, the University of Portsmouth will endeavour to inform applicants and students as soon as possible, and where appropriate, will facilitate the transfer of affected students to another suitable course.

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