COURSE SPECIFICATION

MSc Applied Exercise Physiology

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

COURSE SPECIFICATION

Course Title	***MSc Applied Exercise Physiology***
Final Award	*MSc*
Exit Awards	*CertHE, DipHE.*
Course Code / UCAS code (if applicable)	*P3315FTC, P3315PTC*
Mode of study	*Full time, part time*
Mode of delivery	*Campus*
Normal length of course	*12 months (FT), 24 months (PT)*
Cohort(s) to which this course specification applies	*September 2022 intake onwards*
Awarding Body	*University of Portsmouth*
Teaching Institution	*University of Portsmouth*
Faculty	Faculty of Science & Health
School/Department/Subject Group	School of Sport, Health and Exercise Science
School/Department/Subject Group webpage	*https://www.port.ac.uk/faculty-of-science-and-health/school-of-sport-health-and-exercise-science*
Course webpage including entry criteria	*https://www.port.ac.uk/study/courses/msc-applied-exercise-physiology*
Professional and/or Statutory Regulatory Body accreditations	*None*
Quality Assurance Agency Framework for Higher Education Qualifications (FHEQ) Level	*Level 7*

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 Course and Module Catalogue for further information on the course structure and modules.

Educational aims of the course

- To provide students with the opportunity to study the physiological responses to exercise in healthy and clinical populations, and extreme environments
- To provide a challenging and stimulating environment
- To provide a framework allowing students to follow a flexible coherent programme of study
- To develop technical and work specific skills underpinned by academic learning
- To provide students with the skills and knowledge required to maximise career opportunities within the field of human and applied physiology

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 of:

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
A1	Human applied exercise physiology from a sport, exercise, clinical, and or extreme environments perspective.	Lectures, seminars, laboratory work, group work. These learning and teaching methods will enable students to develop a critical and reflective knowledge of applied human exercise physiology by working independently and as a group. These teaching methods will enhance students' ability to be proactive in recognising and addressing personal development needs, and be able to make informed career decisions. Students will be encouraged to be intellectually curious, embrace challenges and seize opportunities for development by locating and accessing information, using current and emerging digital technologies contributing to the development of a range of employability skills.	Essay, report, presentation, portfolio, case study, practical. Assessments consist of both formative and summative elements. This programme is designed to provide practical, hands-on expertise in sports, exercise and clinical exercise methodologies. Assessments therefore require a mixture of problem-based learning, practical skills, and literature research and evaluation skills thereby encouraging students' to be critical and apply fundamental theories.
A2	Applied theoretical research-based knowledge across human applied exercise	Lectures, seminars, laboratory work, group work. These learning and teaching methods will enable students to develop a critical and reflective knowledge of applied human exercise physiology by working	Essay, report, presentation, portfolio, case study, practical. Assessments consist of both formative and summative elements.

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
	physiology sub-disciplines.	independently and as a group. These teaching methods will enhance students' ability to be proactive in recognising and addressing personal development needs, and be able to make informed career decisions. Students will be encouraged to be intellectually curious, embrace challenges and seize opportunities for development by locating and accessing information, using current and emerging digital technologies contributing to the development of a range of employability skills.	This programme is designed to provide practical, hands-on expertise in sports, exercise and clinical exercise methodologies. Assessments therefore require a mixture of problem-based learning, practical skills, and literature research and evaluation skills thereby encouraging students' to be critical and apply fundamental theories.
A3	Ethical implications within human applied exercise physiology.	Lectures, seminars, tutorials, practical work. Although relevant to all modules containing a practical component, attention to ethical considerations and health and safety issues are promoted specifically as part of the research project element of the course. Students will be encouraged to be proactive in identifying ethical considerations and to develop their problem-solving skills via the design of their research protocol thereby contributing to the development of relevant employability skills.	Report, presentation. Assessment of a research proposal and ethical application (where relevant) will be facilitated primarily via individual tutorials leading to the eventual summative assessment of the research project.
A4	Problem solving approaches to formulate solutions to a variety of problems in the sport and exercise domain, in clinical conditions, and/or extreme environments contexts.	Lectures, seminars, laboratory work, group work, simulation, tutorials. As well as promoting independent study skills, group/practical work will aid students' ability to work proactively with others. Simulation may also be used to present students with clinical scenarios thereby requiring students to adopt a problem-based learning approach. The latter approach will be supported via the research specific element of the course and will contribute to the development of problem-solving specific employability skills.	Essay, presentation, portfolio, report, case study. Assessments consist of both formative and summative elements. This course is designed to provide practical, hands-on expertise in sports, exercise and clinical exercise methodologies. Assessments therefore require a mixture of problem-based learning, practical skills, and literature research and evaluation skills thereby encouraging students' to be critical and apply fundamental theories.
A5		Lectures, tutorials, laboratory work, group work, practical work.	Report, presentation, practical, portfolio.

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
	Comprehensive techniques/methodologies applicable to individual projects that are theory or research based.	These learning and teaching methods will enable students to develop critical and reflective knowledge of comprehensive techniques and methodologies that can be applied to human exercise physiology by working independently and proactively as a group. Students will be encouraged to be intellectually curious, embrace challenges and seize opportunities for development by locating and accessing information, using current and emerging digital technologies contributing to the development of a range of employability skills. Additionally, these teaching methods will enhance students' ability to be proactive in recognising and addressing personal development needs, and be able to make informed career decisions.	Formative and summative assessment of the research proposal and related ethical considerations, research project, portfolio and practical skills will encourage students to apply relevant knowledge to practical and theoretical situations.

B. Cognitive (Intellectual or Thinking) skills, able to:

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
B1	Recognise and critically analyse existing methodologies used within sport and exercise physiology and its sub-disciplines.	Lectures, seminars, laboratory work, group work, tutorials. Cognitive elements are integral components of each of the modules within the programme and these each require specific methodological research and analysis strategies unique to the domain involved. At the same time, they also encourage students to synthesise the available methods supporting health-related and or sports performance change. The learning and teaching methods will enable students to think independently, analytically, and engage with new areas of investigation becoming informed citizens and developing a sense of responsibility and commitment to ethical practice thereby contributing to the development of employability skills.	Essay, report, presentation, portfolio, case study, practical. Assessments consist of both formative and summative elements. The practical, hands-on sport, exercise and clinical exercise methodological focus of this course means assessments require a mixture of problem-based learning, practical skills, and literature research and evaluation skills thereby encouraging students to apply relevant knowledge to practical and theoretical situations.

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
B2	Formulate appropriate research questions within the broad realm of sport and exercise physiology.	Lectures, seminars, laboratory work, tutorials, practical work. Application of relevant research methods skills will allow students to develop appropriate research questions (and potentially learning experiences) and apply the theoretical and practical knowledge developed via the study of supporting modules in developing pertinent research questions. This will provide students with an avenue for independent and autonomous research contributing to the development of employability skills.	Essay, report, presentation, portfolio, case study, practical. Formative and summative assessment of the research proposal and related ethical considerations (where relevant), research project, portfolio and practical assessment skills will encourage students to apply relevant knowledge to practical and theoretical situations. Additionally, formative assessment of a research proposal will be facilitated primarily via individual tutorials.
B3	Select and apply scientific principles to the implementation of sport and exercise physiology evaluation strategies, whether in health or clinical populations, and/or extreme environments.	Lectures, seminars, laboratory work, tutorials, practical work, simulation. Each module requires the application of relevant scientific principles to the domain involved. At the same time the subject discipline promotes the exchange of good scientific principles and practice across topic domains and population groups. Collectively, the various modules encourage students to synthesise the available methods supporting health-related, and/or sport or exercise performance change, with the project providing students with a more in-depth opportunity to demonstrate and implement these principles thereby providing students with an avenue for independent and autonomous research and learning opportunities enhancing their employability skills.	Essay, report, presentation, portfolio, case study, practical. Assessments consist of both formative and summative elements. As this programme is designed to provide practical, hands-on expertise in sports, exercise and clinical exercise methodologies, assessments require a mixture of problem-based learning, practical skills, and literature research and evaluation skills thereby encouraging students' to be critical and apply fundamental theories.
B4	Use problem solving and supporting theory to solve "real" sport and exercise physiology issues and challenges.	Lectures, seminars, laboratory work, group work, simulation, tutorials. A range of methods will be used to encourage students to identify relevant sport and exercise physiology issues as well as ways of addressing these issues. To support this, tutorials and independent study and group and practical work will be facilitated and students' will be encouraged to work	Essay, presentation, portfolio, report, case study. Assessments consist of both formative and summative elements. This programme is designed to provide practical, hands-on expertise in sports, exercise and clinical exercise domains. Assessments therefore require a mixture of

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
		proactively with others. Simulation may also be used to present students with clinical scenarios thereby requiring students to adopt a problem-based learning approach. The latter approach will be particularly emphasised in the research specific element of the course and will contribute to the development of employability skills.	putting problem-based learning and knowledge synthesis into action, whether via written or practical assessment thereby encouraging students' to be critical and apply fundamental theories.
B5	Select research protocols to collect data that can subsequently be interpreted, evaluated, integrated and disseminated into relevant formats.	Lectures, seminars, laboratory work, tutorials, practical work. Although relevant to all modules containing a data collection component, attention to protocol selection, data collection and interpretation are promoted specifically as part of the research project. The application of the theoretical knowledge leading to collection, interpretation and dissemination will be supported through study of other modules. Additionally, the project itself may lead to the synthesis of, or contribute to, the creation of new knowledge. Students' will be encouraged to develop their problem solving, data management and organisational skills contributing to the development of employability skills.	Report, presentation, portfolio, case study, practical. Assessments consist of both formative and summative elements. Formative and summative assessment of a research proposal and related ethical considerations, research project, portfolio and practical assessment skills will encourage students to apply relevant knowledge to the design, implementation and collection of data. Furthermore, the target audience for the dissemination of material may be either academic or non-academic e.g. clients.

C. Practical (Professional or Subject) skills, able to:

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
C1	Proficiently use equipment in a safe, confident and reliable manner.	Laboratory work, group work, lectures, simulations, seminars. The format of the course will enable students to obtain a range and depth of laboratory-based skills and contribute to the development of discipline specific practical employability skills through the use of real-world scenarios and work-based environments. It will also facilitate students' ability to communicate with clients/patients, adopting a professional and approachable style, thereby developing pertinent employability skills.	Report, portfolio, practical. Students will be given formative assessments/practice prior to formative assessment of practical testing skills and equipment usage and/or demonstration of an awareness of how to undertake physiological assessments. This will include attention to ethical considerations and health and safety issues, which are also

			promoted within modules and within the production of reports and portfolios. Students are also expected to work within time constraints and pressures associated with professional sport and exercise physiology professions.
C2	Produce critical scientific reports, programmes and/or case studies in an appropriate format for application within a sport and exercise physiology environment.	Lectures, seminars, laboratory work, group work, tutorials, simulations. Each module requires the application of relevant scientific principles to the domain involved and these skills are transferable across modules. The format of the course will facilitate students to communicate with clients/patients, adopting a professional and approachable style as well as scholarly communication methods thereby developing employability skills.	Essay, case study, report, portfolio, presentation. Formative and summative assessment will encourage students to apply relevant knowledge when critically reviewing the topical literature and designing tests/experiments to address specific problems. Students' will also be required to format assessed work with either academic or non-academic audiences in mind.
C3	Confidently use a variety of valid and reliable tests in the assessment of sport and exercise physiology.	Laboratory work, group work, lectures, simulations, seminars. The format of the course will enable students to obtain a range and depth of laboratory-based skills, field skills and techniques, as well as the ability to examine data and communicate with clients/patients, adopting a professional and approachable style thereby developing employability skills.	Report, portfolio, practical, presentation. As well as practical skill and theoretical knowledge assessment, attention to ethical considerations and health and safety issues are also promoted within modules and within the production of assessed work. Students are also expected to work within time constraints and pressures associated with professional sport and exercise physiology professions.

D. Transferrable (Graduate and Employability) skills, able to:

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
D1	Communicate effectively and confidently, using a range of media.	Lectures, seminars, laboratory work, group work, simulation. Students will build upon their scientific and professional skills developed during their undergraduate studies. This will include communicating methodologies, techniques, and results and applying them to research or support in sport	Essay, report, presentation, portfolio, case study, practical. Assessments consist of both formative and summative elements and will consist of a mixture of written, practical and oral assessment modes.

		and exercise physiology.	
D2	Illustrate competence in the use of IT and specialist software.	Lectures, seminars, laboratory work, group work, simulations. Students' will be required to use a range of IT packages during the course. This will include IT packages to research and complete assignments as well as qualitative and quantitative analyses to interpret data. This will enhance students' employability skills.	Essay, report, presentation, portfolio, case study, practical. Assessments consist of both formative and summative elements and will consist of a mixture of written, practical and oral assessment modes which require a range of IT packages and knowledge.
D3	Be an independent learner and demonstrate collaborative skills.	Lectures, seminars, laboratory work, group work, simulations. Students' will be encouraged to solve problems and demonstrate sound judgement in decision making throughout the course. This will require a mixture of independent learning and group work, thereby facilitating the development of these employability skills.	Essay, report, presentation, portfolio, case study, practical. Assessments will require students to undertake relevant research into the topics being assessed and will include formative as well as summative assessment. This may be independently or in groups.
D4	Identify and use appropriate resources to enable the successful completion of a task.	Lectures, seminars, laboratory work, tutorials, group work, simulation. Students' will be encouraged to undertake research to facilitate their learning using a variety of resources ranging from journal articles to equipment manuals. Students' will be encouraged to work independently as well as in groups and to be intellectually curious, embracing challenges and seizing opportunities for development by locating and accessing information, using current and emerging digital technologies contributing to the development of a range of employability skills.	Essay, report, presentation, portfolio, case study, practical. Assessments will require students to undertake relevant research into the topics being assessed and will include formative as well as summative assessment. Students' may do this independently or in groups embracing a wide range of digital and non-digital resources.
D5	Meet deadlines and manage time effectively.	Lectures, seminars, laboratory work, tutorials, group work. Students' will be encouraged to complete preparatory material/work and assessed work in an appropriate time frame ensuring deadlines are met. This will require students to manage and plan their time effectively and do so for multiple modules simultaneously. This will enhance students' time management and organisation skills, which are critical employability skills.	Essay, case study, portfolio, practical, presentation. Students' will be required to submit work on time or be penalised (excluding a valid ECF).

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.

In addition to these University support services this course also provides…

- Extensive induction programme introduces the student to the University and the MSc Applied Exercise Physiology course.
- Each student has a personal tutor, responsible for pastoral support and guidance.

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:

- University of Portsmouth Curriculum Framework Specification
- University of Portsmouth Vision 2030 and Strategy 2025
- 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
- National Occupational Standards
- The British Association of Sport and Exercise Sciences (BASES) Accreditation Guidelines

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.

Copyright

Document details

Template Date	March 2018
Author	Mitch Lomax
Date of production and version number	18/05/22, v1
Date of update and version number	09/06/23, v2
Minimum student registration numbers	8