



**UNIVERSITY OF
PORTSMOUTH**

COLLABORATIVE COURSE SPECIFICATION

BSc (Hons) Sport, Health, and Exercise Sciences (Dual Award)

COURSE SPECIFICATION

Please refer to the [Course Specification Guidance Notes](#) for guidance on completing this document.

Course Title	BSc (Hons) Sport, Health, and Exercise Sciences (Dual award)
Final Award	BSc
Exit Awards	120 credits CertHE; 240 credits DipHE; 300 BSc
Course Code / UCAS code (if applicable)	C3138PYC
Mode of study	Full time
Mode of delivery	Campus
Normal length of course	4 years
Cohort(s) to which this course specification applies	September 2023 intake onwards
Awarding Body	University of Portsmouth
Teaching Institution	University of Portsmouth and Edith Cowan University (Australia)
Faculty	Science and Health
School/Department/Subject Group	School of Psychology, Sport and Health Sciences
School/Department/Subject Group webpage	https://www.port.ac.uk/about-us/structure-and-governance/organisational-structure/faculty-of-science-and-health/school-of-psychology-sport-and-health-sciences
Course webpage including entry criteria	https://www.port.ac.uk/study/courses/bsc-hons-sport-health-and-exercise-sciences-dual-degree
Professional and/or Statutory Regulatory Body accreditations	British Association of Sport and Exercise Science (BASES)
Quality Assurance Agency Framework for Higher Education Qualifications (FHEQ) Level	Level 4, 5, 6

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

- Provide an intellectually stimulating environment that develops critical and reflective knowledge and understanding within sport, health and exercise science
- Enable students to benefit from a broad curriculum that embodies academic excellence informed by practice and research within sport, health and exercise science
- 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
- Enhance students' career and employment prospects by providing opportunities for career-enhancing activities to strength their personal development
- Support the student experience through effective management and improvement of the learning and teaching resources
- Provide the opportunity to advance students' inter-cultural and academic skills, knowledge and experience, by adding a global dimension to their studies and thus enabling them to develop knowledge and skills essential for roles in the global workforce

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	Describe in detail key concepts and principles underpinning the study of sport, health and exercise science	<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	Utilise new and existing knowledge of human responses and adaptations to sport, health and exercise interventions to explain observed outcomes	<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	Utilise and develop research methodologies and ethical considerations related to human experimentation	<ul style="list-style-type: none"> • Lectures • Practical sessions • Seminars • Tutorials 	<ul style="list-style-type: none"> • Reports • Oral assessments • Written assignments • Dissertation
A4	To provide the opportunity to advance students' inter-cultural and academic skills, knowledge and experience, by adding a global dimension to their studies and thus enabling them to develop knowledge and skills essential for roles in the global workforce	<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

B. Cognitive (Intellectual or Thinking) skills, able to:			
LO number	Learning outcome	Learning and Teaching methods	Assessment methods
B1	Critically evaluate information from a variety of sources	<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	Apply appropriate scientific techniques in a variety of situations	<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, able to:			
LO number	Learning outcome	Learning and Teaching methods	Assessment methods
C1	Select the appropriate laboratory and field-based skills to conduct measurement and/or analytical procedures in a safe, reliable and precise manner	<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, able to:			
LO number	Learning outcome	Learning and Teaching methods	Assessment methods
D1	Utilise leadership or collaborative working skills to support success	<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	Communicate effectively key aspects / findings to a variety of audiences using a range of media	<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	Identify and use the appropriate resources (human and physical) to enable the successful completion of a task in a timely manner	<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: Examination & Assessment Regulations \(Collaborative Courses\)](#) will apply to this course. Approved course exemptions can be found [here](#).

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:

- [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](#)
- <https://www.qaa.ac.uk/quality-code/qualifications-and-credit-frameworks>

- [Quality Assurance Agency Subject Benchmark Statement](#) for Events, Hospitality, Leisure, Sport and Tourism
- Requirements of Professional and/or Statutory Regulatory Bodies: [British Association of Sport and Exercise Sciences \(BASES\)](#)
- Vocational and professional experience, scholarship and research expertise of the University of Portsmouth's academic members of staff

Changes to your course/modules

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

The contents of this Course Specification are the copyright of the University of Portsmouth and all rights are reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, such as electronic, mechanical, photocopied, recorded or otherwise, without the prior consent of the University of Portsmouth.

Document Details	
CSD Template date	October 2024
Author	Dr Joseph Moore
Date of production and version number	January 2021, v1
Date of update and version number	[08.6.2023] [v1.3]
Minimum student registration numbers	5