

**Programme Specification and Curriculum  
Map for BSc (Hons) Sport and Exercise  
Science (Strength and Conditioning)**



<b>1. Programme title</b>	BSc (Hons) Sport and Exercise Science (Strength and Conditioning) BSc (Hons) Sport and Exercise Science (Strength and Conditioning) with Foundation Year
<b>2. Awarding institution</b>	Middlesex University
<b>3. Teaching institution</b>	Middlesex University
<b>4. Details of accreditation by professional/statutory/regulatory body</b>	
<b>5. Final qualification</b>	BSc Sport and Exercise Science (Strength and Conditioning)
<b>6. Year of validation</b>	2018-19
<b>Year of amendment</b>	2021-22
<b>7. Language of study</b>	English
<b>8. Mode of study</b>	Full Time and Part Time

**9. Criteria for admission to the programme**

Criteria for admission to the programme BSc Sport and Exercise Science (Strength and Conditioning)

**Evidence that they have capacity to work at level 3 for example:**

- 5 GCSEs (Grade C or above) or 5 GCEs (Grade C or above) including:
  - English Language/Literature and Mathematics and Science
- PLUS, the following:*
- 48 UCAS tariff points with 32 points in a Science subject (equivalent to 2 A-level D's)

**Evidence that they have capacity to work at level 4+ for example:**

- 5 GCSEs (Grade C or above) or 5 GCEs (Grade C or above) including:
  - English Language/Literature and Mathematics and Science
- PLUS, one of the following:*
- Three A-Levels with a minimum of 112 UCAS Tariff points with least one A level in a science discipline or physical education.
  - A BTEC National Diploma or Certificate in an appropriate area (e.g. Applied Science/Sport) normally with a minimum of one distinction and two merits OR
  - Applicants who have successfully completed a relevant Diploma in Access to Higher Education (Science) with a minimum of a merit OR
  - Applicants who have successfully completed an appropriate (e.g. Applied Science/Sport) Advanced GNVQ with at least 3 level III passes at merit standard.
  - Mature Students will be interviewed by the team to discuss suitability for study at level 4. Applicants who have successfully passed a HE Foundation Science/Sport programme.
  - Overseas applicants with an appropriate qualification and an IELTS score of 6.0 and over

## 10. Aims of the programme

The programme aims to:

- A. Provide a multi-disciplinary understanding of sport and exercise science and strength and conditioning.
- B. Provide a balance of scientific and technical skills on which to base professional competence in sport and exercise science.
- C. Enable students to identify, implement and evaluate appropriate strategies to promote performance enhancement.
- D. Integrate leadership skills in professional practice and establish the basis for subsequent career or research success (lifelong learning).
- E. Enable students to positively and flexibly respond to a changing sport and exercise science environment and facilitate the development of problem solving skills.
- F. Enable students to evaluate and appraise new information, review evidence and critically analyse conflicting theories and assimilate best professional practice.

## 11. Programme outcomes

### A. Knowledge and understanding

On completion of this programme the successful student will have a knowledge and understanding of:

1. The principles of Sport and Exercise Science.
2. Strength and Conditioning science and its inter-relationship with other fields of study.
3. Applied Sport and Exercise Science current topics, with particular emphasis in specialist areas.
4. The significance of strength and conditioning and its relationship to professional codes of practice.
5. An evidence based approach to deal with complexities of sport and exercise science.
6. Career opportunities specific to their chosen programme
7. Applying autonomous and reflective approaches to lifelong learning

### Teaching/learning methods Where possible

Student learn knowledge and understanding through attendance in lectures, seminars, tutorials, workshops, problem solving sessions, laboratory teaching, demonstration classes, placement and field work. In these sessions, students will get a variety of directed and self-directed learning activities. Virtual laboratory simulations will also be used to develop knowledge of practical skills.

In these sessions students will get a variety of directed and self-directed learning activities e.g. Group projects, case study analysis, laboratory-based learning, and portfolio development and work-based activity.

Students learn knowledge of practical skills through are assessed by attending laboratory classes, formative assessment, skills sessions and work experience.

### Assessment Method

- (a) Formative assessment  
Formative assessment will be used to identify learning gaps throughout the module to close academic gaps and promote student success. This will include students assessing themselves, peers and academics through their writing, quizzes,

	<p>practicals, presentations and oral discussion. All formative assessment will occur during planned sessions and varied to depending on the content learning objectives of the lesson.</p> <p>(b) Summative assessment Summative assessment will be used to evaluate student learning, skill acquisition and academic achievement throughout the module. This will include , coursework, practical vivas, laboratory reports, presentations, professional portfolios and in-course tests.</p>
<p><b>B. Skills</b> On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> <li>1. Identify, select and use analytical and evaluative skills that address issues influencing strength and conditioning.</li> <li>2. Prioritise a range of options and select appropriate communication formats to convey solutions.</li> <li>3. Apply sport and exercise science knowledge in unfamiliar contexts, synthesising ideas or information to generate novel solutions.</li> <li>4. Demonstrate confidence and flexibility in identifying and defining complex problems within sport and exercise science.</li> <li>5. Critically evaluate the results of an academic investigation and be able to extract data using a range of techniques appropriate to their chosen fields.</li> <li>6. Select and execute appropriate laboratory or field tests and supports or is proactive in leadership, requiring a level of autonomy.</li> <li>7. Review and competently carry out risk assessment or appropriate emergency care in accordance with legislation and professional codes of conduct.</li> <li>8. Work effectively within a team and demonstrate organisational skills in laboratory and field based settings.</li> <li>9. Seek and apply new techniques and processes to own performance and identify how these might be evaluated.</li> </ol>	<p><b>Teaching/learning methods</b> Students learn cognitive skills through lectures, discussions, formative assessment, peer-review of seminar presentations, debates and directed reading. Students learn practical skills through attending laboratory classes, formative assessment, skills sessions and work experience</p> <p><b>Assessment Method</b></p> <p>(a) Formative assessment Formative assessment will be used to identify learning gaps throughout the module to close academic gaps and promote student success. This will include students assessing themselves, peers and academics through their writing, quizzes, practicals, presentations and oral discussion. All formative assessment will occur during planned sessions and varied to depending on the content learning objectives of the lesson.</p> <p>(b) Summative assessment Practical vivas, reports, presentations, professional portfolios to assess students' cognitive and practical skills.</p>

## 12. Programme structure (levels, modules, credits and progression requirements)

### 12. 1 Overall structure of the programme

An undergraduate BSc honours degree is comprised of 360 credits of learning. In each year you will take 120 credits (P/T 60credits) of learning and this will enable you to complete your award as a full-time student in 3 years. Modules are delivered as either 30 or 15 credits. 30 credit modules are studied over the whole academic year of 24 weeks of learning followed by an assessment period. The 15 credit modules are studied for 12 weeks in term 1, or 12 weeks in term 2.

**Part-time study** at each level is permitted (except foundation year), and the programme leader in consultation with the student at the start of the academic year will choose the selection of modules, totalling 60-credits per year.

Please refer to the programme specification for the Foundation Year for the modules to be taken during the foundation year of the [BSc \(Hons\) Sport and Exercise Science \(Strength and Conditioning\) with Foundation Year](#) programme.

Year 1					
Fundamentals of Research Methods  SES1810 (15 credits)	Movement Analysis  SES1804 (15 Credits)	Fundamentals of Sport & Exercise Science  SES1802 (30 Credits)	Fundamentals of Strength and Conditioning  SES1805 (15 Credits)	Fundamentals of Training Principles in Sport & Exercise  SES1803 (30 Credits)	Made in Middlesex Expansion Module (Cognitive Me)  SES1811 (15 credits)
Year 2					
Research Methods  SES2810 (15 Credits)	Applied Sport & Exercise Science  SES2804 (30 Credits)	Applied Performance Analysis  SES2803 (15 Credits)	Applied Sport and Exercise Nutrition  SES2802 (15 Credits)	Applied Strength and Conditioning  SES2805 (30 Credits)	Made in Middlesex Expansion Module (Associative Me)  SES2811 (15 Credits)
Year 3					
Dissertation  SES3801 (30 Credits)	Advanced Sport & Exercise Science  SES3802 (30 Credits)	Advanced Strength and Conditioning  SES3804 (30 Credits)	Work Based Practice  SES3803 (30 Credits)		

<b>12.2 Levels and modules</b>		
Please refer to the programme specification for the Foundation Year for the modules to be taken during the foundation year of the <a href="#">BSc (Hons) Sport and Exercise Science (Strength and Conditioning) with Foundation Year</a> programme.		
Level 4 (Year 1) 120 Credits		
<b>COMPULSORY</b>	<b>OPTIONAL</b>	<b>PROGRESSION REQUIREMENTS</b>
Students must take all of the following: SES1810 Fundamentals of Research Methods SES1811 Made in Middlesex Expansion Module (Cognitive Me) SES1804 Movement Analysis SES1802 Fundamentals of Sport & Exercise Science SES1805 Fundamentals of Strength and Conditioning SES1803 Fundamentals of Training Principles in Sport & Exercise	There are no optional modules	All level 4 modules must be passed to progress.  Modules can be compensated in accordance to University regulations
Level 5 (Year 2) 120 Credits		
<b>COMPULSORY</b>	<b>OPTIONAL</b>	<b>PROGRESSION REQUIREMENTS</b>
Students must take all of the following: SES2810 Research Methods SES2811 Made in Middlesex Expansion Module (Associative Me) SES2804 Applied Sport & Exercise Science SES2803 Applied Performance Analysis SES2802 Applied Sport & Exercise Nutrition SES2805 Applied Strength and Conditioning	There are no optional modules	All level 5 modules must be passed to progress.  Modules can be compensated in accordance to University regulations
Level 6 (3)		
<b>COMPULSORY</b>	<b>OPTIONAL</b>	<b>PROGRESSION REQUIREMENTS</b>
Students must take all of the following: SES3801 Dissertation SES3802 Advanced Sport & Exercise Science SES3804 Advanced Strength and Conditioning SES3803 Work Based Practice	There are no optional modules	All level 6 modules must be passed in order to graduate.

12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)	
Module level	Module code
6	ALL LEVEL 6 MODULES ARE NON-COMPENSATABLE

13. Curriculum map
See Appendix 2

#### 14. Information about assessment regulations

The regulations applying to the programme are those common to the University. There are opportunities for re-assessment in failed components of work and specific details are given in the module handbooks. At levels 5 and 6, where a student has failed a piece of work, the mark for the resubmitted work is capped at 40%. Students must adhere to module assessment deadlines. Where a student cannot meet the deadline for extenuating reasons (for example illness, accidents, bereavement, family problems), an extension can be formally requested. Failure to participate in assessment without good reason will result in a fail grade for the summative assessment.

Due to the health and safety requirements, all students with an attendance below 80% will not be able to complete practical/laboratory assessments and will receive a 20-grade for that assessment. To enable re-assessment at a later date, students must attend the module specific revision session(s) in selected programme weeks and obtain the consent of the module leader to sit the outstanding exam. In situations whereby the student has agreed extenuating circumstances from the university, the resultant grade will **not** be capped at 40%.

Due to the health and safety requirement of work experience, students with attendance below 80% will not be able to complete placement hours. To obtain the consent of the module leader to attend a placement, students must attend the specific revision session(s) in selected programme weeks. In situations whereby the student has agreed extenuating circumstances from the university, the resultant grade will **not** be capped at 40%.

All work submitted after the assessment deadline is a fail and will receive an academic grade-20. In situations of extenuating circumstances,

- Students are unable to upload work to the University system, evidence along with their work must be emailed to the module leader before the deadline passes.
- If there are extenuating circumstances caused through personal issues with the student, an extenuating circumstances form must be applied for via Unihub prior to the submission deadline.

Late practical assessment: all students must upload accompanying work at proposed module deadline prior to practical assessment. If the work is not uploaded by the deadline they will not be able to complete the practical assessment.

Late attendance to practical assessment: Students are required to arrive 15 minutes before practical time. If the student is absent when called to their assessment they will

not be able to complete the assessment that day and will be recorded as a fail, receiving an academic grade 20.

If there is a genuine circumstance of why the student is late, an email needs to be sent with evidence to the module leader and the assessment can take place at the next available slot.

Group assessments: All students must upload accompanying work at proposed module deadline prior to group assessment. If the work is not uploaded by the deadline they will not be able to complete the group assessment. In the event that a student(s) does not arrive, the group is still expected to complete it, as the whole group should know every component.

If the assessment requires students to support others as part of a group to be a body/participant and they do not turn up or organize this then they will be capped at 40% when their assessment takes place.

Practical: All students must be dressed in LSI branded kit, suitable to the activity.

#### **15. Placement opportunities, requirements and support (if applicable)**

There is a compulsory placement module in academic year 1, 2 and 3, where students will be expected to seek short term up to 50hours of work experience in suitable programme environments. This should be supervised and adhering to the QAA quality assurance processes (section B).

The Made in Middlesex Modules contain micro-credentials that will need to be collected as part of their placement.

#### **16. Future careers (if applicable)**

This degree is broad in scope, allowing students to study the full potential of sports and exercise sciences, and gain an expert knowledge and understanding of scientific methods from sports psychology to the study of the human form. Students completing this programme will graduate with the essential skills and knowledge to thrive in the sport and exercise industry and be well-prepared to enter a broad range of careers working with athletes to support their development or helping people at all levels of fitness to stay healthy.

This programme will support all students wishing to participate in a career of, Sport Science, Dietician, Fitness Instructor / Personal Trainer, GP Referral Exercise Consultant, Health Promotion Specialist, Lecturer in Higher Education, Performance Analyst, Physical Activity Development Manager, Sport and Exercise Psychologist, Sports Development Officer, Strength and Conditioning Coach, Teacher.

#### **17. Particular support for learning (if applicable)**

Learning resources at Hendon Campus, sport and exercise science laboratories at Allianz Park, specialist external lecturers, learning resources subject area and IT help desk.

<b>18. JACS code (or other relevant coding system)</b>	C600
--	------

<b>19. Relevant QAA subject benchmark group(s)</b>	Hospitality, Leisure, Sport and Tourism
--	---

<b>20. Reference points</b>
<p>The following reference points were used in designing the Programme.</p> <p><b>Internal documentation:</b></p> <ul style="list-style-type: none"> <li>• Middlesex University (2015) Guide and Regulations. London. MU.</li> <li>• Middlesex University (2013) Equality and diversity Policy. London. MU</li> <li>• Middlesex University (2015). Curriculum Design.</li> </ul> <p><b>External Documentation:</b></p> <ul style="list-style-type: none"> <li>• Quality Assurance Agency (2014) The Framework for Higher Qualifications of UK Degree-Awarding bodies (Qualifications Framework), London, QAA</li> <li>• Quality Assurance Agency (2016) QAA Subject Benchmarking Group: Hospitality, Leisure, Sport and Tourism.</li> <li>• HEA (2010). Analysis of Academy Resources supporting the JISC Transforming Curriculum Design and Delivery Programmes Phase 1 &amp;2.</li> </ul>

<b>21. Other information</b>
<p><b>Course Costs</b></p> <p>The following course-related costs are included in the fees:</p> <ul style="list-style-type: none"> <li>• A free electronic core textbook for every module,</li> <li>• All printing and copying required for your study,</li> <li>• Self-service laptops available for loan</li> <li>• Audio-visual equipment available for loan, including digital stills cameras, digital video recorders, digital audio recorders.</li> </ul> <p>The following course-related costs (partially funded by London Sport Institute) are not included in the fees, and you are required to purchase these to complete the course. The costs are approximate and may change due to changes in pricing at the retailer:-</p> <ul style="list-style-type: none"> <li>• First Aid training (~£40)</li> <li>• London Sport Institute Sports Kit (~£80)</li> </ul> <p>Further details on specific additional equipment which is not included in your fees can be requested from the Programme Leader.</p>

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.



## Curriculum Map

### Curriculum map for BSc (Hons) Sport and Exercise Science (Strength and Conditioning)

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

#### Programme learning outcomes

Knowledge and understanding		Practical skills	
A1	The principles of sport and exercise science.	B1	Identify, select and use analytical and evaluative skills that address issues influencing strength and conditioning.
A2	Strength and Conditioning science and its inter-relationship with other fields of study.	B2	Prioritise a range of options and select appropriate communication formats to convey solutions.
A3	Applied sport and exercise science current topics, with particular specialist areas in detail.	B3	Apply sport and exercise science knowledge in unfamiliar contexts, synthesising ideas or information to generate novel solutions.
A4	The significance of strength and conditioning and its relationship to professional codes of practice.	B4	Demonstrate confidence and flexibility in identifying and defining complex problems within sport and exercise science.
A5	An evidence based approach to deal with complexities of sport and exercise science.	B5	Critically evaluate the results of an academic investigation and be able to extract data using a range of techniques appropriate to their chosen fields.
A6	Develop Personal career plans	B6	Select and execute appropriate laboratory or field tests and supports or is proactive in leadership, requiring a level of autonomy.
A7	An autonomous and reflective approach to lifelong learning	B7	Review and competently carry out risk assessment or appropriate emergency care in accordance with legislation and professional codes of conduct.
		B8	Team and organisational work in laboratory and field based settings.
		B9	Seeks and applies new techniques and processes to own performance and identifies how these might be evaluated.

Programme outcomes																
A1	A2	A3	A4	A5	A6	A7	B1	B2	B3	B4	B5	B6	B7	B8	B9	
Highest level achieved by all graduates																
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6

Module Title	Module Code by Level	Programme outcomes															
		A1	A2	A3	A4	A5	A6	A7	B1	B2	B3	B4	B5	B6	B7	B8	B9
Fundamentals of Research Methods (15 credits)	SES1810				x	x	x	x		x							
Made in Middlesex Expansion Module (Cognitive Me)	SES1811						x	x	x	x						x	x
Movement Analysis	SES1804	X	X						X								
Fundamentals of Sport & Exercise Science	SES1802			X		X										X	
Fundamentals of Strength and Conditioning	SES1805	X							X								X
Fundamentals of Training Principles in Sport & Exercise Science	SES1803					X		X							X		X
Research Methods (15 Credits)	SES2810			x						x	x						
Made in Middlesex Expansion Module (Associative Me) (15 Credits)	SES2811						x	x	x	x						x	x
Applied Sport & Exercise Science	SES2804	X	X				X						X	X		X	

Applied Performance Analysis	SES2803		X		X						X						X
Applied Sport & Exercise Nutrition	SES2802				X						X		X				
Applied Strength and Conditioning	SES2805					X	X		X								X
Dissertation	SES3801					X	X	X		X			X	X	X		
Advanced Sport & Exercise Science	SES3802	X	X								X	X					X
Advanced Strength and Conditioning	SES3804	X		X					X						X		
Work Based Practice	SES3803				X		X	X			X	X				X	X