BSc with Honours in Sport and Exercise (and pathways) – 2017 entry

Duration of programme: 4 years (where students join the programme in year 1)

Award on successful completion: Bachelor of Science with Honours

Location of delivery: Abertay University, Bell Street, Dundee

Composition of the programme: 120 SCQF (Scottish Credit and Qualifications Framework) credits in each academic year, delivered in modules of 20 credits each, with 3 modules taken in term 1, and 3 in term 2 each year. Work placements are available during the programme; placements arranged by the University take place in Dundee, but students may negotiate placement elsewhere. The final year includes a 40 credit independent project.

All students in years 1 and 2 are enrolled on the Sport and Exercise programme, and from year 3 onwards, students choose one of the following specialist pathways (details on the following pages):

- Physical Activity and Health
- Sport and Exercise
- Sport and Exercise Science
- Strength and Conditioning
- Sports Development and Coaching

Contact hours and workload: Each academic year typically requires 1200 hours of student effort; on average across the 4 years of this programme, 24% of that time is in lectures, seminars and similar activities; the remainder is independent study, which will include time on placement.

Assessment methods: The programme is assessed using a combination of examination and course work to help students develop a variety of intellectual and practical skills, such as being able to put forward a position based on evidence, or being able to discuss and promote ideas within a group.

Additional costs: Sport students have to cover the cost of the PVG scheme in order to be able to work with children and vulnerable adults (cost £59 for a new application, £19 for renewal). They also have to purchase Abertay branded sports kit for use in practical sessions and placements. The cost of the basic kit is £90. All costs stated are correct at November 2016.

Academic staff: This programme is delivered by staff in the Division of Sport and Exercise Sciences in the School of Social and Health Sciences. Staff profiles can be viewed at http://www.abertay.ac.uk/studentlife/schools/shs/staff/

<table>
<thead>
<tr>
<th>Core modules in the programme (years 1 and 2):</th>
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<tr>
<td>Social Science for Sport &amp; Exercise</td>
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<tr>
<td>Biomechanics for Physical Activity &amp; Health</td>
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<td>Physiology for Sport &amp; Exercise</td>
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Biomechanics for Sport & Exercise
Social Science of Physical Activity and Health

Other modules that may be offered, but are subject to change over time (years 1 and 2):
Fundamentals of Coaching
Work Placement
Contexts of Sport, Health and Exercise

BSc with Honours in Physical Activity and Health

Core modules in the programme (years 3 and 4):
Physiological Adaptations for Health
Public Health and Physical Activity
Physiology of Disease
Physical activity Health Promotion
Research Methods
Physical Activity Across the Lifespan
Lifestyle Management
Sport Project

Other modules that may be offered, but are subject to change over time (years 3 and 4):
Coaching and Learning
Work Placement
Applied Sport Psychology
Practical Strength & Conditioning
Student Negotiated Learning
Social Issues in Sporting Context
Contemporary Issues in Sport & Exercise Psychology

BSc with Honours in Sport and Exercise

Core modules in the programme (years 3 and 4):
Research Methods
Sport Project

Other modules that may be offered, but are subject to change over time (years 3 and 4):
Coaching and Learning
Public Health and Physical Activity
Work Placement
Physiological Adaptations for Health
Physical Activity Across the Lifespan
Student Negotiated Learning
Social Issues in Sporting Context
Applied Sport Psychology
Lifestyle Management
Strength & Conditioning
### BSc with Honours in Sport and Exercise Science

**Core modules in the programme (years 3 and 4):**
- Practical Strength & Conditioning 1
- Applied Sport Psychology
- Biomechanics 1
- Physiological Adaptations for Performance
- Research Methods
- Biomechanics 2
- Advanced Sport and Exercise Physiology
- Sport Project

**Other modules that may be offered, but are subject to change over time (years 3 and 4):**
- Coaching and Learning
- Public Health and Physical Activity
- Work Placement
- Physiological Adaptations for Health
- Physical Activity Across the Lifespan
- Student Negotiated Learning
- Social Issues in Sporting Context
- Contemporary Issues in Sport & Exercise Psychology
- Lifestyle Management
- Strength & Conditioning

### BSc with Honours in Sports Development and Coaching

**Core modules in the programme (years 3 and 4):**
- Coaching and Learning 1
- Public Health and Physical Activity
- Managing Sports Policy and Development
- Research Methods
- Social Issues in Sporting Context
- Coaching and Learning 2
- Strategic Development in Sport
- Sport Project

**Other modules that may be offered, but are subject to change over time (years 3 and 4):**
- Physiological Adaptations for Health
- Work Placement
- Strength & Conditioning
- Applied Sport Psychology
- Biomechanics
- Physical Activity Health Promotion
- Physiological Adaptations for Performance
- Physiology of Disease
- Physical Activity Across the Lifespan
- Student Negotiated Learning
# BSc with Honours in Strength and Conditioning

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<td>Biomechanics 1</td>
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<tr>
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<tr>
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<tr>
<td>Biomechanics 2</td>
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### Developments in the discipline:

Sport and exercise is continually developing, mostly in methodology and practice. Any new developments will be added into the core curriculum without fundamentally changing the structure of the existing modules.