

BSc with Honours in Sport and Exercise (and pathways) – 2016 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.

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, 22% of that time is in lectures, seminars and similar activities; the remainder is independent study.

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 £84. All costs stated are correct at April 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/>

Core modules in the programme (years 1 and 2):
Social Science for Sport & Exercise
Biomechanics for Physical Activity & Health
Physiology for Sport & Exercise
Psychology for Physical Activity & Health
Psychology for Sport & Exercise
Physiology for Physical Activity & Health

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

Core modules in the programme (years 3 and 4):
Strength & Conditioning 1
Coaching and Learning 1
Biomechanics 1
Physiological Adaptations for Performance
Research Methods
Biomechanics 2
Strength & Conditioning 2
Sport Project
Other modules that may be offered, but are subject to change over time (years 3 and 4):
Public Health and Physical Activity
Work Placement
Physiological Adaptations for Health
Applied Sport Psychology
Physical Activity Across the Lifespan
Student Negotiated Learning
Social Issues in Sporting Context

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.