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/](http://www.abertay.ac.uk/studentlife/schools/shs/staff/)

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<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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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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**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.