BSc with Honours in Sport and Exercise (and pathways) – 2020 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; in the early years these placements arranged by the University take place in Dundee, in later years 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, 21% 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 obtaining membership 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 approximately £60. All costs stated are correct at September 2019.

Academic staff: This programme is delivered by staff in the Division of Sport and Exercise Sciences in the School of Applied Sciences. Staff profiles can be viewed at https://www.abertay.ac.uk/staff-search

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<th>Core modules in the programme (years 1 and 2)*:</th>
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<tr>
<td>Social Science for Sport and Exercise</td>
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<td>Introduction to Anatomy and Biomechanics for Sport and Exercise</td>
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<tr>
<td>Introduction to Physiology for Sport and Exercise</td>
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<td>Psychology of Exercise and Health</td>
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### BSc with Honours in Physical Activity and Health

**Core modules in the programme (years 3 and 4)**:
- Health Related Fitness Programming and Assessment
- Public Health and Physical Activity
- Physiology of Obesity and Non-communicable diseases
- Physical Activity Health Promotion
- Research Methods
- Physical Activity for Special Populations
- Lifestyle Management
- Sport Project

**Other modules that may be offered, but are subject to change over time (years 1 and 2):**
- Fundamentals of Coaching

### 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
- Health Related Fitness Programming and Assessment
- Physical Activity Across the Lifespan
- Student Negotiated Learning
- Duty of Care in Sport
- Applied Sport Psychology
- Lifestyle Management
- Strength & Conditioning
- Applied Biomechanics for Performance
- Contemporary issues in Sport and Exercise Psychology
- Coach Education and Support
- Physiology of Obesity and Non-communicable diseases
### BSc with Honours in Sport and Exercise Science

**Core modules in the programme (years 3 and 4)**:
- Fundamentals of Strength and Conditioning
- Applied Sport Psychology
- Applied Biomechanics for Performance
- Physiological Adaptations for Performance
- Research Methods
- Advanced Biomechanics and Injury Prevention
- Advanced Exercise Physiology
- Sport Project

**Other modules that may be offered, but are subject to change over time (years 3 and 4)**:
- Work Placement
- Health Related Fitness Programming and Assessment
- Social Issues in Sport and Exercise
- Career Placement
- Student Negotiated Learning
- Duty of Care in Sport
- Performance Analysis for Elite Sports
- Advanced Strength and Conditioning
- Contemporary Issues in Sport & Exercise Psychology

### BSc with Honours in Sports Development and Coaching

**Core modules in the programme (years 3 and 4)**:
- Coaching and Learning
- Social Issues in Sport and Exercise
- Managing Sports Policy and Development
- Research Methods
- Duty of Care in Sport
- Coach Education and Sport
- Sport for Development
- Sport Project

**Other modules that may be offered, but are subject to change over time (years 3 and 4)**:
- Work Placement
- Fundamentals of Strength and Conditioning
- Applied Sport Psychology
- Public Health and Physical Activity
- Applied Biomechanics for Performance
- Physical Activity Health Promotion
- Physiological Adaptations for Performance
- Career Placement
- Advanced Biomechanics and Injury Prevention
- Physical Activity for Special Populations
- 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. *Core modules are correct at the time of writing, but are subject to annual review and may change as a consequence of this. In addition, the curriculum within all sport and exercise modules is expected to evolve over time. This keeps the curriculum relevant and maintains a real world connection as new policy, practice, employability and professional approaches come to the fore. These new developments are readily incorporated into the curriculum and module content without having to fundamentally change the module structure.*