

BSc with Honours in Sport and Exercise (and pathways) – 2023 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 largely in modules of 20 credits each, with 3 modules taken in term 1, and 3 in term 2 each year. First and second year of the programme includes a choice of microcredential modules worth a total of 20 credits per 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 £30. All costs stated are correct at September 2022.

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/schools/school-of-applied-sciences/>

Core modules in the programme (years 1 and 2)*:
Social Science for Sport and Exercise
Introduction to Anatomy and Biomechanics for Sport and Exercise
Introduction to Physiology for Sport and Exercise

Psychology of Exercise and Health
Psychology for Sport and Exercise
Being Successful at Abertay (5 credits)
Placement and Skill Development when working with children in a physical activity context.
Key Concepts in Biomechanics for Sport and Exercise
Physical Activity for Health and Wellbeing
Fundamentals of Coaching
Key Concepts in Sport and Exercise Physiology
Other modules that may be offered, but are subject to change over time (years 1 and 2):
Microcredentials (various)

BSc with Honours in Physical Activity and Health

Core modules in the programme (years 3 and 4)*:
Health Related Fitness Programming and Assessment
Social Issues in Sport and Exercise
Physiology of Obesity and Non-communicable diseases
Physical Activity and Health Promotion
Research Methods
Physical Activity for Special Populations
Lifestyle Management
Sport Research Project
Other modules that may be offered, but are subject to change over time (years 3 and 4):
Work Placement
Sports Coaching: Theory and Practice
Fundamentals of Strength and Conditioning
Student Negotiated Learning (including workplace option)
Duty of Care in Sport
Technology for Sports Coaching
Advanced Strength and Conditioning
Contemporary Issues in Sport and Exercise Psychology

BSc with Honours in Sport and Exercise

Core modules in the programme (years 3 and 4)*:
Research Methods
Sport Research Project
Other modules that may be offered, but are subject to change over time (years 3 and 4):
Sports Coaching: Theory and Practice
Work Placement
Health Related Fitness Programming and Assessment
Physical activity for special populations
Student Negotiated Learning (including workplace option)
Duty of Care in Sport
Applied Sport Psychology
Lifestyle Management
Fundamentals of Strength and Conditioning
Applied Biomechanics for Performance
Contemporary issues in Sport and Exercise Psychology
Technology for Sports Coaching
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 Sport and Exercise Physiology
Sport Research 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
Student Negotiated Learning (including workplace option)
Duty of Care in Sport
Performance Analysis for Elite Sports
Advanced Strength and Conditioning
Contemporary Issues in Sport and Exercise Psychology

BSc with Honours in Sports Development and Coaching

Core modules in the programme (years 3 and 4)*:
Sports Coaching: Theory and Practice
Social Issues in Sport and Exercise
Sport Development in Practice
Research Methods
Duty of Care in Sport
Technology for Sports Coaching
Sport for Development
Sport Research 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
Approaches to Teaching in Sport
Applied Biomechanics for Performance
Physical Activity and Health Promotion
Physiological Adaptations for Performance
Developing Coaching Practice
Physical Activity for Special Populations
Student Negotiated Learning (including workplace option)

BSc with Honours in Strength and Conditioning

Core modules in the programme (years 3 and 4)*:
Fundamentals of Strength and Conditioning
Sports Coaching: Theory and Practice
Applied Biomechanics for Performance
Applied Sport Psychology
Research Methods
Advanced Biomechanics and Injury Prevention
Advanced Strength and Conditioning
Sport Research 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
Physiological Adaptations for Performance
Physical Activity for Special Populations
Duty of Care in Sport
Student Negotiated Learning (including workplace option)
Technology for Sports Coaching
Contemporary issues in Sport and Exercise Psychology
Advanced Sport and Exercise Physiology

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.