

Overview

Programme Code	35622
Programme Title	Doctor of Applied Sport and Exercise Science
Awarding Institution	Liverpool John Moores University
Programme Type	Professional Doctorate
Language of Programme	All LJMU programmes are delivered and assessed in English
Programme Leader	Simon Roberts
Link Tutor(s)	

Awards

Award Type	Award Description	Award Learning Outcomes
Target Award	Doctor of Applied Sport and Exercise Science - DSS	See Learning Outcomes Below

Alternate Award Names	
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External Benchmarks

Subject Benchmark Statement	
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Programme Offering(s)

Mode of Study, Mode of Delivery	Intake Month	Teaching Institution	Programme Length
Full-Time, Face to Face	January	LJMU Taught	2 Years

Aims and Outcomes

Educational Aims of the Programme

To create and interpret new knowledge associated with professional research practice in Applied Sport and Exercise Science
To train individuals to carry out safe independent research practice in Applied Sport and Exercise Science
To train individuals to reflect on their research practice and to use these reflective practice to inform and develop strategies to optimize professional performance

Learning Outcomes

Code	Description
PLO1	Demonstrate possession, interpretation and creation of a substantial body of new knowledge at the forefront of Applied Sport and Exercise Science of a quality to satisfy peer review, extend the forefront of the discipline and merit publication.
PLO2	Demonstrate a detailed understanding of a range of techniques for research and interventions applicable to Applied Sport and Exercise Science.
PLO3	Demonstrate the capacity to conceptualise, design and implement projects to support the generation of new knowledge at the forefront of Applied Sport and Exercise Science.
PLO4	Demonstrate possession of high-level skills in critical thinking, reflective practice and meta-reflection.
PLO5	Demonstrate possession of mastery and expertise in research, teaching and training (education and dissemination) and consultancy in Applied Sport and Exercise Science.
PLO6	Demonstrate possession of generic professional competence befitting an Applied Sport and Exercise Scientist and applicable to other cognate professions.
PLO7	Demonstrate the ability to exercise personal responsibility, show autonomous evidence-based decision-making and be adaptable in unpredictable and complex situations.
PLO8	Communicate concepts and conclusions clearly and effectively to specialist and non-specialist general audiences.

Programme Structure

Programme Structure Description

The programme is set for two years of full-time study as a minimum. Part-time students are studying on the programme on a pro-rata basis, normally set at half-time (i.e. four years in total). The programme is 540 credits in total. Students enter the programme with a Level 7 qualification in a related area (e.g. sport and exercise science, professions allied to medicine, clinical physiology, biomechanics, coaching, psychology, physical activity). On entry students will be awarded advanced standing of 180 credits at Level 7 by credit transfer/RPL. The programme follows the university professional doctorate framework, and consists of three modules intended to map onto the three stages of the university framework. The three modules are: Professional Planning Training in Sport and Exercise Science - 8004SPOSCI: (30 credits), Sport and Exercise Science Professional Practice - 8005SPOSCI: (270 credits) and Reflection in Sport and Exercise Science - 8006SPOSCI: (60 credits). In order to reflect national standards, there is no formal progression from phase to phase or from module to module. All modules are open from enrolment and remain so throughout the training. All modules are CORE. 8004SPOSCI deals with issues associated with professional research practice and the planning of training. The discussion of key elements of professional research practice, the identification of important elements of training needs and the development of a research project proposal provide a platform for the remaining modules. The achievement of these learning outcomes demonstrates the necessary professional planning and foresight needed for the programme content. It is also an essential record of the early stages of training; this can be used as self-audit and for students to have a baseline for reflection in the final module. 8005SPOSCI is the module where the different Applied Sport and Exercise Science research competences are captured, each being assessed. This module enables the trainees to demonstrate mastery and expertise in the design and conceptualization of a number of projects including systematic reviews, empirical research investigations and implementation reports. As such they provide a framework for the demonstration of intellectual, professional and key skills. 8006SPOSCI is a module intended to capture those elements of practice related to a holistic view of professional research skills and to show reflection and meta-reflection on the training provided in the programme. It is expected that this process will include critical reflective comments in the areas of research, practice and ethics. This information enables students to evaluate their learning journey through the programme and to orientate individuals to identify future training requirements. All assessments are graded on a pass/fail basis, in keeping with the need for students to demonstrate a satisfactory threshold of competence in each applied practice element.

Programme Structure - 540 credit points	
Level 7 - 180 credit points	
Level 7 Core - 180 credit points	CORE
[MODULE] 7108SPOSCI Research Methods Approved 2022.01 - 20 credit points	
[MODULE] 7151SPOSCI Applied Practice in Coaching, Planning and Monitoring Sciences Approved 2022.01 - 20 credit points	
[MODULE] 7152SPOSCI Fundamental Strength and Conditioning Applied Practices Part 1 Approved 2022.02 - 20 credit points	
[MODULE] 7153SPOSCI Fundamental Strength and Conditioning Applied Practices Part 2 Approved 2022.02 - 20 credit points	
[MODULE] 7154SPOSCI Physiology of Strength and Conditioning Approved 2022.02 - 20 credit points	
[MODULE] 7155PCCOMM Contemporary Issues in Community Children's Nursing Part 1 Approved 2022.01 - 20 credit points	
[MODULE] 7150SPOSCI Applied Placement in Strength and Conditioning Approved 2022.01 - 60 credit points	
Level 8 - 360 credit points	
Level 8 Core - 360 credit points	CORE
[MODULE] 8004SPOSCI Professional Planning Training in Sport and Exercise Science Approved 2022.01 - 30 credit points	

[MODULE] 8005SPOSCI Sport and Exercise Science Professional Practice Approved 2022.01
- 270 credit points

[MODULE] 8006SPOSCI Reflection in Sport and Exercise Science Approved 2022.01 - 60
credit points

Module specifications may be accessed at <https://proformas.ljmu.ac.uk/Default.aspx>

Teaching, Learning and Assessment

Workshops, lectures, supervision, work based learning, discussion and debate, peer and mentor critical friend feedback. A range of coursework assessments to include original research papers, consultancy reports, reflective commentaries and viva voce examination. It will be possible for previously experienced trainees to submit a portfolio of evidence, including a mapping document and position statement which can substitute for certain assessments. This is limited to consultancy, research and teaching and training, and no more than 50% of the assessments within 8004SPOSCI, the professional practice module, will be accepted via substitute evidence under any circumstances.

Opportunities for work related learning

During the programme the student may undertake some work-based learning activities that can be regarded as being placement based. These are defined as activities that could be with, for example, a team, an individual or an organisation, where engagement takes place frequently over a medium/long-term period in that environment, and the nature/scope of the work is determined and facilitated by a placement host. In the Applied Sport and Exercise Science context, the placement host is the client. In these circumstances there is a placement provider mentor who supports the Programme Team and the Skills Support Unit to ensure that the activity is being conducted satisfactorily. They have no part in the assessment process, however, lines of reporting are in place to ensure that if there are problems in the placement the Programme Team is notified, since Fitness to Practise procedures might need to be invoked. Placement visits, usually on site, may occur up to three times in the course of each individual's training. Due to the opportunistic nature of Applied Sport and Exercise Science postgraduate training, there are likely to be a significant amount of instances when the student undertakes work-based learning activities that are short-term and/or infrequent (so not placement based) and/or take place across a number of different environments. Examples include a request to undertake a workshop or a short and/or infrequent period of consultancy work with an individual or team. The programme is predicated upon work-based learning activity supplemented by supervision and taught elements. The majority of time is spent in these work-based learning environments (employment or voluntary work), which is set up by the student rather than the course team (who assess each proposed activity against criteria as to their relevance and levelness to the programme). The university's policies on work-based learning and placement activity will be directly applicable to this (i.e.. LJMU Code of Practice on Placement Learning). Each student will also be required to possess an unproblematic DBS record to complete placement related activity (<https://www2.ljmu.ac.uk/Faculties/SCS/114857.htm>) A student Applied Sport and Exercise Scientist can specialise in sport and/or exercise, and their work based learning activity will reflect this. Those who wish to specialise in sporting applications should have experience in a range of situations typical of the sport context. They will usually seek work-based opportunities with sports teams, governing bodies of sport or individuals. They will be expected to provide evidence of the application of a number of applied sport and exercise science related techniques and interventions. Irrespective of the area of work, the student needs to be aware of the central importance of working with a clear philosophy of practice that is rooted in sound theoretical paradigms. A student Applied Sport and Exercise Scientist who wishes to specialise in exercise applications should have experience in a range of situations typical of the exercise environment. They will usually seek work-based learning opportunities with fitness clubs, local authority leisure providers, GP referral schemes, or with individuals. They will be expected to provide evidence of interventions to promote and enhance exercise participation and adherence. The work based learning environments used must allow the student enough autonomy to develop elements of their work and provide evidence for the use of Applied Sport and Exercise Science models and approaches. Trainees can have as many work-based opportunities as necessary to achieve the module learning outcomes, which is flexible enough to cater for diverse trainee circumstances.

Entry Requirements

Type	Description
Alternative qualifications considered	<p>The following criteria are essential: MSc in Sport/Sport and Exercise related topic, normally at least at merit level or an MPhil in an area of Sport and Exercise Science. Applicants will be required to make a claim for accreditation of prior learning; consideration of any such claim will be undertaken by the Faculty Recognition Group in line with the requirements of the University's Academic Framework. All candidates must be interviewed and where appropriate, must also hold an unproblematic Disclosure and Barring Services (DBS) record. Applicants whose graduate study was undertaken in languages other than English will need to demonstrate English language proficiency to the level of an IELTS overall score of 7 with no element below 6.5. Evidence of securing pre-arranged work-based learning opportunities prior to enrolment, with employer/line manager support as applicable.</p>

Extra Entry Requirements