

## Overview

<b>Programme Code</b>	36797
<b>Programme Title</b>	Sport and Exercise Science
<b>Awarding Institution</b>	Liverpool John Moores University
<b>Programme Type</b>	Degree
<b>Language of Programme</b>	All LJMU programmes are delivered and assessed in English
<b>Programme Leader</b>	
<b>Link Tutor(s)</b>	Dominic Doran

<b>Partner Name</b>	<b>Partnership Type</b>
Portobello Institute	Franchised

## Awards

<b>Award Type</b>	<b>Award Description</b>	<b>Award Learning Outcomes</b>
Target Award	Bachelor of Science with Honours - BSH	See Learning Outcomes Below
Alternative Exit	Certificate of Higher Education - CHE	Define and describe the foundational concepts underpinning Sport and Exercise Science. Outline and describe and key foundational skills underpinning Sport and Exercise Science. Identify the foundational components of Sport and Exercise Science methodology and research.
Alternative Exit	Diploma of Higher Education - DHE	Explain and evaluate the principle concepts and theories within Sport and Exercise Science. Analyse and apply the skills central to Sport and Exercise Science work. Evaluate and utilise the advanced components of Sport and Exercise Science methodology and research.

<b>Alternate Award Names</b>	
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## External Benchmarks

<b>Subject Benchmark Statement</b>	UG-Events, Hospitality, Leisure, Sport and Tourism (2019)
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## Programme Offering(s)

<b>Mode of Study, Mode of Delivery</b>	<b>Intake Month</b>	<b>Teaching Institution</b>	<b>Programme Length</b>
Full-Time, Blended	February	Portobello Institute	3 Years
Full-Time, Blended	September	Portobello Institute	3 Years

## Aims and Outcomes

### Educational Aims of the Programme

To provide an honours level, multi-disciplinary, scientific degree in Sport and Exercise Science which integrates theoretical and practical knowledge relevant to employment opportunities.

To develop graduates with intellectual, transferable, scientific, and practical skills to make improvements to professional practice, health through exercise and sports performance.

To provide the students with work-related learning opportunities which enable them to apply their generic and Sport and Exercise Science skills in a professional setting.

To encourage students to engage with the development of employability skills.

To enable students to pursue their interest and fulfil their potential with respect to their study of Sport and Exercise science.

To prepare students for employment in a wide variety of sport and exercise related fields and more general graduate employment.

To equip students for postgraduate study and/or research in the field of Sport and Exercise Science.

## Learning Outcomes

Code	Description
PLO1	Effectively use knowledge and understanding of biomechanics in a Sport and Exercise Science context.
PLO2	Monitor, analyse, diagnose, and prescribe actions to enhance sports performance and health through sport, exercise, and physical activity.
PLO3	Evidence the skills required to monitor and evaluate responses to intervention(s), sports performance, and exercise in laboratories and/or professional settings.
PLO4	Critically assess and evaluate information and data from a variety of sources and discern and establish connections.
PLO5	Plan, design, execute and monitor practical activities using appropriate techniques and procedures.
PLO6	Assess the reliability and validity of measurements used in sport and exercise science.
PLO7	Undertake qualitative and quantitative research with due regard for safety, ethics, informed consent, and risk assessment.
PLO8	Formulate and test hypotheses.
PLO9	Plan, design, execute and communicate a substantial piece of independent intellectual work using practical skills when required in work-based learning settings.
PLO10	Effectively communicate in a written and/or oral means.
PLO11	Use general and specific IT software proficiently.
PLO12	Effectively use knowledge and understanding of physiology in a Sport and Exercise Science context.
PLO13	Manage time and work to deadlines.
PLO14	Collaborate and work in a team.
PLO15	Solve problems.
PLO16	Reflect on personal development and professional practice in workplace and employment settings
PLO17	Plan and manage learning.
PLO18	Effectively use knowledge and understanding of psychology in a Sport and Exercise Science context.
PLO19	Effectively use knowledge and understanding of physical activity, health and wellbeing in a Sport and Exercise Science context.
PLO20	Synthesise knowledge and understanding in a multi-disciplinary Sport and Exercise Science context.
PLO21	Critically appraise of the relationships between sport and exercise activity and intervention(s) in a variety of participant groups.
PLO22	Effectively use knowledge and understanding of health and safety, ethics, exercise prescription, government policy, which underpin best practise in a Sport and Exercise Science context.

<b>Code</b>	<b>Description</b>
PLO23	Research, challenge and critically evaluate data, facts, theories and concepts regarding sport and exercise.
PLO24	Conduct research and problem-solving using the appropriate methods of acquiring, interpreting and analysing information related to the study of Sport and Exercise Science.

## Programme Structure

### Programme Structure Description

The programme is offered as a three-year full-time. Students take six core modules at level 4 and level 5 to have a broad multi-disciplinary foundational experience of Sport & Exercise Science. At level 6, students will undertake 100 credits of core module activity as specified below in the programme structure table to include a research dissertation (40C), year long applied placement module (20C), and an exercise and health pathway (2 x 20C). Additionally, students will be able to select 20 credits of Sport and Exercise discipline routeway subjects where students are able to tailor their learning towards one designated discipline from a choice of three a 'physiology', 'biomechanics', and 'psychology' theme'.

<b>Programme Structure - 360 credit points</b>	
<b>Level 4 - 120 credit points</b>	
<b>Level 4 Core - 120 credit points</b>	<b>CORE</b>
[MODULE] 4501SPOPID Introduction to Research Skills Approved 2022.02 - 20 credit points	
[MODULE] 4502SPOPID Introduction to Psychology Approved 2022.02 - 20 credit points	
[MODULE] 4503SPOPID Introduction to Biomechanics Approved 2022.02 - 20 credit points	
[MODULE] 4504SPOPID Research Methods 1 Approved 2022.02 - 20 credit points	
[MODULE] 4505SPOPID Physiological Responses to Exercise Approved 2022.02 - 20 credit points	
[MODULE] 4506SPOPID Physical Activity, Health and Wellbeing Foundations Approved 2022.02 - 20 credit points	
<b>Level 5 - 120 credit points</b>	
<b>Level 5 Core - 120 credit points</b>	<b>OPTIONAL</b>
[MODULE] 5501SPOPID Principles of Applied Sport and Exercise Approved 2022.02 - 20 credit points	
[MODULE] 5502SPOPID Psychological Principles Approved 2022.02 - 20 credit points	
[MODULE] 5503SPOPID Biomechanical Principles Approved 2022.02 - 20 credit points	
[MODULE] 5504SPOPID Research Methods 2 Approved 2022.02 - 20 credit points	
[MODULE] 5505SPOPID Physiological Responses to Exercise Training Approved 2022.02 - 20 credit points	
[MODULE] 5506SPOPID Physical Activity, Health and Wellbeing 1 Approved 2022.02 - 20 credit points	
<b>Level 6 - 120 credit points</b>	
<b>Level 6 Core - 100 credit points</b>	<b>CORE</b>
[MODULE] 6501SPOPID Research Dissertation Approved 2022.02 - 40 credit points	
[MODULE] 6502SPOPID Contemporary Issues in Physical Activity, Health and Wellbeing Measurement Approved 2022.02 - 20 credit points	
[MODULE] 6504SPOPID Physical Activity and Sedentary Behaviour Interventions in Practice Approved 2022.02 - 20 credit points	
[MODULE] 6505SPOPID Applied Sport and Exercise Placement Approved 2022.02 - 20 credit points	
<b>Level 6 Optional - 20 credit points</b>	<b>OPTIONAL</b>
[MODULE] 6503SPOPID Cardiovascular and Environmental Physiology Approved 2022.02 - 20 credit points	
[MODULE] 6506SPOPID Advanced Biomechanics Approved 2022.02 - 20 credit points	

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

## Teaching, Learning and Assessment

All programmes are delivered with a mixture of formal contact time, directed study and private study. Students are encouraged to develop their learning skills and to become progressively more independent in their learning. Core knowledge and understanding is acquired through a wide range of teaching methods including lectures, seminars, tutorials, laboratory based practical work, online tasks, group work and guided independent study. Specialist laboratory and IT facilities are provided by the Portobello Institute and through their partner organisations.

Assessment methods and marking criteria and deadlines are specified in advance in each module guide. A range of assessment methods are adopted throughout the programme including, examinations, multiple choice exams, individual and group coursework, portfolios, presentations, reflective assessments, laboratory reports, vivas, dissertations, practical skill evaluation(s) and research projects. Intellectual skills are promoted, practised and developed through more active learning processes and a wide range of teaching methods including assignments of projects, group-learning activities such as lectures, seminars, tutorials, and guided independent study.

Practical and project work is designed to permit students to demonstrate achievement of all the learning outcomes in this category. Intellectual skills are assessed, via a range of assessment methods which are adopted throughout the programme including, examinations, multiple choice exams, individual and group coursework, presentations, reflective assessments, laboratory reports, practical skill evaluations and research projects. Independent project work or research dissertations are also used to demonstrate student capability in a range of intellectual skills.

Practical skills are developed in a co-ordinated and progressive manner throughout the three levels of the programme. Consequently, students are encouraged to develop their practical skills progressively and are gradually given more practical and independent applied tasks. In the L4 and L5, attention is focused on the acquisition and application of basic practical skills, while at the higher level more advanced techniques, procedures and instrumentation are utilized particularly as independent practitioners under the mentorship of an academic supervisor e.g., Research Dissertations (6501SPOPID).

Subject practical skills are assessed through a range of assessment methods are adopted throughout the programme including laboratory and professional reports, presentations, and demonstrations of practical skills.

Transferable skills are generally developed throughout the activities undertaken in the curriculum and are related to relevant assessments as appropriate. Written communication skills are developed and assessed through essays, reports, and dissertations; oral communication skills are developed and assessed through presentations; team-working skills are developed and assessed through collaborative work. Problem solving, reflection, time and learning management are implicit to varying degrees throughout all assessments.

Transferable skills are assessed using a range of assessment methods throughout the programme including, examinations, multiple choice exams, individual and group coursework, presentations, reflective assessments, laboratory reports, practical skill evaluations and research projects.

## Opportunities for work related learning

Employment experience can be a differentiating factor in a graduate's curriculum vitae. In this regard, work related learning is offered at level six of the programme. At Portobello Institute we feel it is vitally important to enable students to gain as broad a range of employment related skills. To that end, we ensure that work related learning (sometimes known as work placement) is an integral part of the course. Work Related Learning (WRL) not only provides an opportunity to gain first-hand experience, it also provides students with valuable contacts and information regarding possible employment opportunities upon graduation. The work related learning will occur within 6505SPOPID Applied Sport and Exercise Science and will be supervised by an academic and the student will also receive on-site supervision/mentorship through the designated placement provider. Any placement undertaken will comply with the University (Portobello Institute) Code of Practice for Placements. Support for the work-related learning will be provided by the work-related learning support unit at Portobello Institute and student will be able to either source their own WRL or apply for placements identified by the Portobello Institute network of external placement providers. The placements are a significant 'value-added' aspect of the programme that can provide students real benefits and experiences above and beyond the academic qualification gained.

To ensure students are sufficiently prepared for work related learning opportunities, the programme incorporates a series of progressive multi-disciplinary applied modules that focus upon transferable skill development, key theoretical content, practical and applied knowledge, and skills. These modules also enable a progressive framework for reflection and personal development planning (employability perspective) to be developed.

Garda Vetting applications are required to be completed by all students. Information about Garda Vetting application procedures is provided to students at induction and available via ePortobello. If a student is unsuccessful in attaining Garda Vetting, they can still complete the programme and placement experience, however they will be limited in the type of placement they are eligible. The Academic Manager, Head of Quality and Module Lead are jointly responsible for the communication and support process for students under these circumstances.

## Entry Requirements

Type	Description
Other international requirements	Non-Irish/UK students will be required to demonstrate command of English at IELTS 6.0 level (minimum score of 5.5 in all categories) or equivalent qualification.
Alternative qualifications considered	Candidates may be required to be interviewed (Skype) after formal application if the applicant has not completed the Irish Leaving Cert or equivalent qualifications listed above.
Irish awards	<i>Irish Leaving Certificate.</i>  <i>A minimum of Grade C on O6 in level English, Math's and Biology or Physical Education in the Irish Leaving Cert is required with a minimum pass in any other 3 subjects. Full QQI Level 5 major award including study Anatomy and Physiology. In addition, all potential candidates are required to demonstrate competence in English language to English GCSE standard or equivalent.</i>

## Extra Entry Requirements