

# PROGRAMME SPECIFICATION

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## Bachelor of Science with Honours (Fnd) in Science and Football

<b>Awarding institution</b>	Liverpool John Moores University
<b>Teaching institution</b>	LJMU
<b>UCAS Code</b>	S001
<b>JACS Code</b>	C600
<b>Programme Duration</b>	Full-Time: 4 Years, Sandwich Thick: 5 Years
<b>Language of Programme</b>	All LJMU programmes are delivered and assessed in English
<b>Subject benchmark statement</b>	Hospitality, Leisure, Sport and Tourism (2016)
<b>Programme accredited by</b>	The British Association of Sport and Exercise Sciences
<b>Description of accreditation</b>	<a href="http://www.bases.org.uk/Courses/8491">http://www.bases.org.uk/Courses/8491</a>
<b>Validated target and alternative exit awards</b>	Bachelor of Science with Honours (Fnd) in Science and Football  Bachelor of Science with Honours (SW) (Fnd) in Science and Football  Diploma of Higher Education (Fnd) in Science and Football  Diploma in Higher Education (SW) (Fnd) in Science and Football  Certificate of Higher Education (Fnd) in Science and Football
<b>Programme Leader</b>	Kevin Enright

## Educational aims of the programme

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

To develop graduates with intellectual, problem solving, transferable, scientific and practical skills relevant to the discipline.

To provide the students with work related learning opportunities, which enable them to apply their skills in the context of the world of work, with special reference to football environments.

To encourage students to engage with the development of employability skills by completing a self-awareness statement.

To enable students to realise their interest and potential with respect to their study of Science and Football.

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

### Alternative Exit/ Interim Award Learning Outcomes - Certificate of Higher Education (Fnd)

*A student who is eligible for this award will be able to:*

Define and describe the foundational concepts underpinning Science and Football. Outline and describe key foundational skills underpinning Science and Football. Identify the foundational components of Sport Science methodology and research.

### Alternative Exit/ Interim Award Learning Outcomes - Diploma in Higher Education (SW) (Fnd)

*A student who is eligible for this award will be able to:*

A student who successfully completes a placement year will be eligible for the Sandwich award and will, in addition to the above, be able to demonstrate the professional and personal skills necessary for effective employment within a professional environment.

## **Alternative Exit/ Interim Award Learning Outcomes - Diploma of Higher Education (Fnd)**

*A student who is eligible for this award will be able to:*

Explain and evaluate the principle concepts and theories within Science and Football. Analyze and apply the skills central to Science and Football work. Evaluate and utilize the advanced components of Sport Science methodology and research.

## **Target award Learning Outcomes - Bachelor of Science with Honours (Fnd)**

*A student successfully completing the programme of study will have acquired the following subject knowledge and understanding as well as skills and other attributes.*

*A student who is eligible for this award will be able to:*

1. Understand and critically appraise the study of the context of professional football through the core disciplines of sport science underpinning human structure and function (physiology, psychology, skill acquisition, sociology, biomechanics, performance /match analysis)
2. Synthesise and effectively use knowledge and understanding of the culture surrounding professional football and sport science disciplines underpinning human structure and function to monitor, prescribe, and evaluate discipline specific interventions for performance and health enhancement
3. Effectively use knowledge and understanding of health and safety, ethics, government policy, which underpin best practice in science and football contexts
4. Research, challenge and critically evaluate data, facts, theories and concepts regarding science and football
5. Formulate and test hypotheses
6. Conduct research and problem-solving using the appropriate methods of acquiring, interpreting, and analysing information appropriate to the study of science and football
7. Monitor, analyse, diagnose and prescribe action to enhance sports performance
8. Evidence the skills required to monitor and evaluate responses to intervention and sports performance in laboratories and/or professional settings
9. Critically assess information and data from a variety of sources and discern and establish connections
10. Evidence the skills required to monitor and evaluate sports performance in football in laboratories and/or field settings
11. Plan, design, monitor and execute practical activities used to evaluate sports performance in football using appropriate techniques and procedures
12. Assess the reliability and validity of measurements used in science and football contexts
13. Undertake laboratory tests with due regard for safety and risk assessment
14. Plan, design, execute and communicate an independent intellectual project using appropriate media
15. Write and communicate orally effectively
16. Use IT software proficiently
17. Manage time and work to deadlines
18. Collaborate and work in a team
19. Solve problems
20. Reflect on personal development and professional practice
21. Plan and manage learning

## **Alternative target awards**

*A student who is eligible for the following awards will be able to:*

Bachelor of Science with Honours (SW) (Fnd) in Science and Football -

Demonstrate the professional and personal skills necessary for effective employment within a professional environment.

## **Teaching, Learning and Assessment**

*The methods used to enable outcomes to be achieved and demonstrated are as follows:*

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. State-of-the-art learning and specialist IT facilities are provided by the School of Sport and Exercise Science and the Research Institute for Sport and Exercise Science (RISES).

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, presentations, reflective assessments, laboratory reports, practical skill evaluations 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 and the mode of assessment is specified for each learning outcome. A range of assessment methods 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 used to demonstrate the 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 lower levels, attention is focused on the acquisition and application of basic practical skills, while at the higher level more advanced techniques, procedures and instrumentation are utilised.

Subject practical skills are assessed and the mode of assessment is specified for each learning outcome. 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 and the mode of assessment specified for each learning outcome. A range of assessment methods 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.

## **Programme structure - programme rules and modules**

Students will be offered the opportunity of study abroad at Level 5. Students can choose either Option A or Option B unless they undertake the Sandwich Year, in which case Option B is not available:

Option A: replacement of 60 credits of Level 5 with appropriate study abroad

The programme will offer the opportunity of 60 credits of study at Level 5. Students will be enrolled on a 480 credit honours with study abroad programme. A 60 credit Level 5 study abroad module 5106SPFOOT will normally replace the semester 2 modules on the standard programme. This study abroad should cover the same learning outcomes as the modules being replaced. The modules to be studied in the host institution must be agreed in advance. The Level 5 mean for the final award mark will be calculated based upon the 120 credits at Level 5.

Option B: additional study year abroad following Level 5

The programme will offer the opportunity of an additional study year abroad following Level 5. Students will be enrolled on a 600 credit honours with study abroad programme. Of those 600 credits, 120 will be taken via a Level 5 study abroad module 5105SPFOOT. The modules to be studied in the host institution must be agreed in advance. The Level 5 mean for the final award mark will be calculated based upon the 240 credits at Level 5.

The placement year will follow Level 5 and students will be enrolled on a 600 credit honours sandwich programme and take the module 5113SPFOOT (Sandwich Year-Science and Football). The Level 5 mean for the final award mark will be calculated based upon the 240 credits at Level 5.

Level 6	Potential Awards on completion	Bachelor of Science with Honours (Fnd)
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Core	Option	Award Requirements
6100SPOSCI MAJOR PROJECT (40 credits) 6111SPFOOT BIOMECHANICS OF FOOTBALL (20 credits) 6112SPFOOT PSYCHOLOGY OF FOOTBALL (20 credits) 6113SPFOOT PHYSIOLOGY OF FOOTBALL (20 credits) 6114SPFOOT PERFORMANCE ANALYSIS OF FOOTBALL (20 credits)		120 core credits at level 6 0 option credits at level 6
Level 5		
Potential Awards on completion		
Core	Option	Award Requirements
5102SPOSCI PSYCHOLOGICAL PRINCIPLES (20 credits) 5103SPOSCI BIOMECHANICAL PRINCIPLES (20 credits) 5104SPOSCI RESEARCH METHODS 2 (20 credits) 5105SPOSCI PHYSIOLOGICAL RESPONSES TO EXERCISE TRAINING (20 credits) 5111SPFOOT CURRENT ISSUES IN SCIENCE AND FOOTBALL 1 (20 credits) 5112SPFOOT CURRENT ISSUES IN SCIENCE AND FOOTBALL 2 (20 credits)		120 core credits at level 5 0 option credits at level 5
Level 4		
Potential Awards on completion		
Core	Option	Award Requirements
4101SPFOOT SCIENCE AND FOOTBALL FOUNDATIONS (20 credits) 4101SPOSCI RESEARCH SKILLS (20 credits) 4102SPOSCI PSYCHOLOGICAL FOUNDATIONS (20 credits) 4103SPOSCI BIOMECHANICAL FOUNDATIONS (20 credits) 4104SPOSCI RESEARCH METHODS 1 (20 credits) 4105SPOSCI PHYSIOLOGICAL RESPONSES TO ACUTE EXERCISE (20 credits)		120 core credits at level 4 0 option credits at level 4
Level 3		
Potential Awards on completion		
Core	Option	Award Requirements
3001SPS Skills and Practice in Sport (20 credits) 3002SPS Health and Wellbeing (20 credits) 3003SPS Practical Delivery in Sport (20 credits) 3004SPS Behaviours in Sport and Physical Activity (20 credits) 3005SPS Human Anatomy and Physiology (20 credits) 3006SPS Projects in Sport and Nutrition (20 credits)		120 core credits at level 3 0 option credits at level 3

## Information about assessment regulations

All programmes leading to LJMU awards operate within the University's Academic Framework.  
<https://www.ljmu.ac.uk/about-us/public-information/academic-quality-and-regulations/academic-framework>

## Opportunities for work-related learning ( location and nature of activities)

The School recognises that employment experience is a major differentiating factor in a graduate's curriculum vitae. In this regard, work related learning is an integral component of the programme, which provides an opportunity for all students to conduct learning within a placement setting. The Schools network of placement providers are a 'value-added' aspect of the programme that gives students real benefits and experiences above and beyond the academic qualification gained. Work placements have included GP referral and exercise referral, sports science athlete support (e.g. fitness, diet, nutritional, psychological, lifestyle), local primary and secondary schools, physiotherapy, and local/national sports development organisations. In order to prepare students for work related learning opportunities, the programme incorporates a series of progressive multi-disciplinary applied Sport and Exercise Science and Science and Football modules that focus upon 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. This is complemented by an integrated careers curriculum. Overall the School provides a world class research informed curriculum alongside a structured and focused approach to employability that ensures the programme remains at the forefront of Sports Science degree provision in the UK.

## Criteria for admission

### A/AS Level

A minimum of 88 points on the UCAS tariff from at least 2 A2 Levels, at least one of which should normally be in a relevant science or social science

### BTEC National Diploma

BTEC certificate: Acceptable only when combined with other qualifications

90 credit diploma: Acceptable only when combined with other qualifications

Diploma (QCF): DD if studied on its own or to the total of 88 UCAS points when combined with other qualifications

Extended diploma (QCF): MMM if studied on its own or to the total of 88 UCAS points when combined with other qualifications

### Irish Leaving Certificate

Acceptable on its own and combined with other qualifications - 88 UCAS points from a minimum of 5 subjects. A specific science grade may be required.

### Scottish Higher

Acceptable on its own and combined with other qualifications – 88 UCAS points from a minimum of 3 subjects

### International Baccalaureate

Acceptable on its own and combined with other qualifications – 24 IB Diploma Points. A specific science grade may be required.

### Access

Access to Higher Education Diploma: Acceptable on its own and combined with other qualifications – overall Pass required

### Other

Applicants must have obtained grade 4 or grade C or above in English Language and Mathematics GCSE, or Key Skills Level 2 in English/ Maths, or NVQ Level 2 Functional skills in Maths and English Writing and or Reading, or Skills for Life Level 2 in Numeracy/English, or Higher Diploma in Maths/ English, or Functional skills level 2 in Maths/ English prior to starting the programme

Candidates having successfully completed a HND in an appropriate subject or mature candidates with experiential learning are also invited to apply.

### Overseas qualifications

An IELTS score of 6.0 (with a minimum of 5.5 in each component) is required.

## External Quality Benchmarks

All programmes leading to LJMU awards have been designed and approved in accordance with the UK Quality Code for Higher Education, including the Framework for Higher Education Qualifications in the UK (FHEQ) and

subject benchmark statements where applicable.

The University is subject to periodic review of its quality and standards by the Quality Assurance Agency (QAA) Published review reports are available on the QAA website at [www.qaa.ac.uk](http://www.qaa.ac.uk)

Programmes which are professionally accredited are reviewed by professional, statutory and regulatory bodies (PSRBs) and such programmes must meet the competencies/standards of those PSRBs.

## Support for students and their learning

The University aims to provide students with access to appropriate and timely information, support and guidance to ensure that they are able to benefit fully from their time at LJMU. All students are assigned a Personal Tutor to provide academic support and when necessary signpost students to the appropriate University support services.

Students are able to access a range of professional services including:

- Advice on practical aspects of study and how to use these opportunities to support and enhance their personal and academic development. This includes support for placements and careers guidance.
- Student Advice and Wellbeing Services provide students with advice, support and information, particularly in the areas of: student funding and financial matters, disability, advice and support to international students, study support, accommodation, health, wellbeing and counselling.
- Students studying for an LJMU award at a partner organisation will have access to local support services

## Methods for evaluating and improving the quality and standards of teaching and learning

### Student Feedback and Evaluation

The University uses the results of student feedback from internal and external student surveys (such as module evaluations, the NSS and PTES), module evaluation questionnaires and meetings with student representatives to improve the quality of programmes.

### Staff development

The quality of teaching is assured through staff review and staff development in learning, teaching and assessment.

### Internal Review

All programmes are reviewed annually and periodically, informed by a range of data and feedback, to ensure quality and standards of programmes and to make improvements to programmes.

### External Examining

External examiners are appointed to programmes to assess whether:

- the University is maintaining the threshold academic standards set for awards in accordance with the FHEQ and applicable subject benchmark statements
- the assessment process measures student achievement rigorously and fairly against the intended outcomes of the programme(s) and is conducted in line with University policies and regulations
- the academic standards are comparable with those in other UK higher education institutions of which external examiners have experience
- the achievement of students are comparable with those in other UK higher education institutions of which the external examiners have experience

and to provide informative comment and recommendations on:

- good practice and innovation relating to learning, teaching and assessment observed by external examiners
- opportunities to enhance the quality of the learning opportunities provided to students

### **Please note:**

*This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the learning outcomes, content, teaching, learning and assessment methods of each module can be found in module and programme guides.*