

Course Information

Award: BSc (Hons) Exercise, Health & Sports Performance

UCAS Code: C602

Location:

Lectures and Laboratory work

Southend Campus/The Forum
South Essex College of Further and Higher Education
Luker Road,
Southend-on-Sea
Essex
SS1 1ND

Practical sessions

Wellstead Gardens
Westcliff-on-Sea

Occasionally there may be some travel to alternative sports facilities, although transport will be provided if necessary.

Awarding body: University of East Anglia (Subject to validation)

Students who complete the course successfully will receive a degree from the University of East Anglia.

Professional body accreditation:

None.

Duration:

3 Years (full-time)

Academic year:

Full Time: October 2019 to May 2020

Part-time study:

n/a

Work placements:

Each year will require at least 20 hours work experience in an environment linked to the 'Professional Practice' strand:

- At Level 4 (Year 1) students will be required to undertake work experience at a sports club;
- At Level 5 (Year 2) Students will be required to undertake work experience at a gym/fitness facility;
- At Level 6 (Year 3) students will be required to undertake work experience in an area of their choosing (linked to desired career destination). Chosen areas could be in, for example, teaching, strength and conditioning, performance analysis, community sports development or public health.

Our Practice Learning Team will work with you to identify a suitable opportunity and location for your work placement within the UK.

Timetables:

Timetables are normally available one month before enrolment. Please note that while we make every effort to ensure that timetables are as student-friendly as possible, scheduled teaching can take place on any day of the week.

Year 1 Students will be allocated 13 hours of contact teaching time each week between the hours 09:00 to 17:00.

Timetables will consider 'student-athletes' representing South Essex College University Centre and will be altered to account for fixtures if needed.

Entry Requirements**Award: BSc (Hons) Exercise, Health and Sports Performance**

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Entry requirements 2019-20:

A Minimum of 64 UCAS Points from one or more of the following:

- at least two A-levels;
- BTEC Level 3 Extended Diploma/Diploma/Subsidiary Diploma/Certificate [QCF];
- BTEC National Award/Certificate/Diploma [NQF]International Baccalaureate ;
- International Baccalaureate
- Access to Higher Education Diploma (including 15 credits at Merit or above)
- AQA Baccalaureate
- Progression Diploma
- Advanced Diploma

Applicants will also need GCSE English and Maths at grade C (old specification) or Grade 4 (new specification) or above.

To find out how many points your qualifications are awarded, [view the UCAS Tariff tables](#).

You will also be required to undertake a portfolio-based interview. Portfolios should include examples of recent project work and may reference a variety of media.

For any qualification not identified above the HE Admission Team will determine equivalences through UKNARIC.

International applicants

If English is not your first language you will need an IELTS score of 7.0, with a minimum score of 6.5 in each component (Reading, Writing, Listening and Speaking), or an equivalent English Language qualification.

Additional requirements:**Credit transfer and accreditation of prior learning or experience:**

If you have achieved a qualification such as a foundation degree or HND, or have gained credit another higher education institution, you may be able to enter the course at level 5 or level 6.

Other qualifications and relevant work experience may also count for academic credit. Further information is available at in the Higher Education Admissions Policy & APL Policy for students studying on the University of East Anglia Degree.

Course Overview

Course Name

BSc (Hons) Exercise, Health & Sports Performance

Course overview

The course offers the opportunity to explore the 6 main strands of sports science (Health & Wellbeing, Nutrition, Professional Practice, Human Physiology, Human Psychology & Sports Performance) providing a well-rounded learning experience that combines theoretical, practical and industry work. The theoretical work will allow students to learn from the historical application of sports science and how to critique past work and apply contemporary principles for the betterment of human conditioning within exercise, health and sports performance. In addition to developing awareness of sports ideologies within the 6 strands, students will demonstrate professional development through practical work, including industry reflective assignments, work placements and attainment of additional qualifications throughout the 3 years.

At Level 4 (Year 1) students will develop the underpinning knowledge and skills within each of the 6 strands. Students will undertake additional qualifications in coaching and also take on a minimum of 20 hours work experience in a coaching environment.

At Level 5 (Year 2) students will begin to specialise within each of the 6 strands, looking at areas such as applied biomechanics, physical programming for sport and fitness, applied nutrition, applied psychology and self-administered research in sport and exercise sciences. In addition to these specialist modules, students will continue their professional development by undertaking a further block of 20 hours of work placement within a fitness area, and completing their Level 2 Gym Instructors or Level 3 Personal Trainer qualification.

Level 6 (Year 3) focuses substantively on students' ability to work independently to demonstrate appropriate employability skills on both a community driven health project, and a scientific research endeavour. Other taught modules include Exercise Rehabilitation, Analysis of Physical Performance and Career Progression & Employability. The latter will incorporate the final last work placement of 20 hours, together with an additional qualification in a specific area of the students' choosing. Types of placements/qualifications could centre around teaching, strength and conditioning, sports massage or specialist sports laboratory work.

A copy of the rules and regulations governing the course is available at <https://www.southessex.ac.uk/higher-education/higher-education-policies>

Module Information

Module Map

This module map provides a list of the modules that make up your course.

Each module is worth a specified number of credits and all modules are compulsory. Each student must obtain a total of 120 credits at each level of the course to progress from levels 4 to 5, and 5 to 6 and also to graduate.

Our teaching is informed by research, and modules change periodically to reflect developments in the discipline. You can always find the most up-to-date information about your modules and who is teaching them in the course information areas on Canvas and in the module guides.

Year 1 for full-time students (Level 4)

Semester 1

- EH4-01 Health and Well-Being (Children and Adolescents) **(20 Credits)**
- EH4-04 Foundations of Anatomy & Physiology **(20 Credits)**
- EH4-03 Skill Acquisition for Sport & Exercise **(20 Credits)**

Semester 2

- EH4-02 Foundations of Nutrition for Health **(20 Credits)**
- EH4-05 Foundations of Sport & Exercise Psychology **(20 Credits)**
- EH4-06 Introduction to Exercise Injuries **(20 Credits)**

Year 2 for full-time students (Level 5)

Semester 1

- EH5-01 Health and Well-Being (Adults and Older People) **(20 Credits)**
- EH5-04 Applied Biomechanics **(20 Credits)**
- EH5-03 Physical Programming for Sport & Fitness **(20 Credits)**

Semester 2

- EH5-02 Applied Nutrition for Sport & Exercise **(20 Credits)**
- EH5-05 Applied Psychology for Performance **(20 Credits)**
- EH5-06 Research in Sport, Exercise & Health **(20 Credits)**

Year 3 for full-time students (Level 6)

Semester 1

- EH6-02 Exercise Rehabilitation **(20 Credits)**
- EH6-05 Analysis of Physical Performance **(20 Credits)**
- EH6-03 Personal Development and Employability in Exercise, Health and Sport **(20 Credits)**

Semester 2

- EH6-04 Research Project **(40 Credits)**
- EH6-01 Live Community Project **(20 Credits)**

Teaching and Learning

Teaching

You will be taught through a combination of lectures, seminars, practical work and laboratory sessions. Seminars will enable you to discuss and develop your understanding of topics covered in lectures in smaller groups of approximately 4-6 students. Practical and laboratory work will facilitate the implementation of theory within an applied setting. In addition, you will have timetabled

meetings with your personal tutor. You will use industry-standard equipment and software to compliment your time on the course.

Independent learning

When not attending lectures, seminars and laboratory or other timetabled sessions, you will be expected to continue learning independently through self-study. Typically, this will involve reading journal articles and books, working on individual and group projects, undertaking research in the library, preparing coursework assignments and presentations, and preparing for examinations. Your independent learning is supported by a range of excellent facilities, including the library, the learning zone, and our sports science laboratory.

Level 4: 1200 Hours across 6 modules

30% of your time is spent in timetabled taught lessons
32.5% of your time is spent on self-directed learning
37.5% of your time is spent on working on assessment content

Level 5: 1200 Hours across 6 modules

30% of your time is spent in timetabled taught lessons
32.5% of your time is spent on self-directed learning
37.5% of your time is spent on working on assessment content.

Level 6: 1200 Hours across 5 modules

22.5% of your time is spent in timetabled taught lessons
37.1% of your time is spent on self-directed learning
40.4% of your time is spent on working on assessment content.

Assessment & Feedback

Assessment

The course provides you with opportunities to test your understanding of the subjects informally before you complete the formal assessments that count towards your final mark. Each module normally contains at least one piece of practice or 'formative' assessment for which you will receive feedback from your tutor. In-class assessments are developmental and any grades you receive for these do not count towards your module mark.

There is a formal or 'summative' assessment at the end of each module. Assessment methods include coursework (such as essays, reports, case studies, training plans, research proposals), presentations, exams and practical work.

The grades achieved from summative assessments will count towards your module mark, with the percentage split between assignments identified on each assignment brief or module guide.

Percentage of the course assessed by coursework

Although subject to change, the current split of assessment type for the degree is as follows:

Year 1

33.3% Coursework
33.3% Exams
25% Presentations
8.3% Practical work

Year 2

45.5% Coursework
27.3% Exams
18.2% Presentations
9.1% Practical work

Year 3

55.6% Coursework
0% Exams
33.3% Presentations
11.1% Practical work

Feedback

You will receive feedback on all formative work completed in lectures and on formal assessments undertaken by coursework.

Feedback on examination performance is available upon request from the module leader.

Feedback is intended to help you develop and improve your academic performance, and you are encouraged to discuss it with your module tutor during developmental meetings. We will provide you with written and/or verbal feedback within 20 working days of submission for summative coursework assessments.

Course Cost

Course Name: BSc (Hons) Exercise, Health and Sport Performance

Duration: 3 years

Fees:

For the academic year 2019-20 the tuition fees for this course are: £8,500 per year

UK/EU Overseas: n/a

Full-time: N/A

Part-time: N/A

(Full-time route only)

The following course-related costs are included in the fees:

- Travel to and from external sports facilities/venues and use of industry-standard equipment
- Compulsory day trips and visits to support your studies
- You will receive an allocation of pages for printing. Once you have used your allocation, you need to charge up your account with more pages. This can be done using a Credit\Debit card via a web interface (<http://student-print.southessex.ac.uk/safecom>). There is a minimum charge of £10 using this method, or using the printer charging cash machine located in the learning centres.
- Institution branded top (Polo or T-Shirt)

The following course-related costs are not included in the fees:

- Students are expected to equip themselves with the necessary stationary required for successful study;
- Textbooks are provided through the library and the College continually reviews availability however students may wish to purchase their own textbooks;

- Optional Trips are likely to be arranged (both day and residential) to support your studies. It is likely that the majority of the trips arranged will be local and therefore students should factor in train fares and related costs at approximately **£120 per year**. These will be organised where required to enhance the learning experience;
- Travel costs to practice placements in Years 1, 2 and 3 should be funded by the student, however support for travel can be requested from student support services where a student meets the support criteria;
- You will receive an allocation of pages for printing. Once you have used your allocation, you need to charge up your account with more pages. This can be done using a Credit\Debit card via a web interface (<http://student-print.southessex.ac.uk/safecom>). There is a minimum charge of £10 using this method, or using the printer charging cash machine located in the learning centres;
- Additional items of kit will be available (Hoody, tracksuit & shorts) but at an additional cost to the student.

Accommodation and living costs not included in the fees

This information can be obtained from our Accommodation Services home page

<https://www.southessex.ac.uk/higher-education/accommodation>

Sources of financial support

If you receive funding from Student Finance you may be eligible to apply for additional benefits.

Details can be obtained from our Student Services home page

<https://www.southessex.ac.uk/higher-education/fees-and-funding>