

## BSc with Honours in Sport and Exercise (and pathways) – 2021 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 in modules of 20 credits each, with 3 modules taken in term 1, and 3 in term 2 each 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 £60. All costs stated are correct at September 2019.

**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/staff-search>

<b>Core modules in the programme (years 1 and 2)*:</b>
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

Social Science of Physical Activity and Health
Placement and Skill Development when working with children in a physical activity context.
Key Concepts in Sport and Exercise Biomechanics
Physical Activity for Health and Wellbeing
Key Concepts in Sport and Exercise Physiology
<b>Other modules that may be offered, but are subject to change over time (years 1 and 2):</b>
Fundamentals of Coaching

## BSc with Honours in Physical Activity and Health

<b>Core modules in the programme (years 3 and 4)*:</b>
Health Related Fitness Programming and Assessment
Public Health and Physical Activity
Physiology of Obesity and Non-communicable diseases
Physical Activity Health Promotion
Research Methods
Physical Activity for Special Populations
Lifestyle Management
Sport Project
<b>Other modules that may be offered, but are subject to change over time (years 3 and 4):</b>
Work Placement
Coaching and Learning
Fundamentals of Strength and Conditioning
Student Negotiated Learning
Career Placement
Duty of Care in Sport
Coach Education and Support
Advanced Strength and Conditioning
Contemporary Issues in Sport & Exercise Psychology

## BSc with Honours in Sport and Exercise

<b>Core modules in the programme (years 3 and 4)*:</b>
Research Methods
Sport Project
<b>Other modules that may be offered, but are subject to change over time (years 3 and 4):</b>
Coaching and Learning
Public Health and Physical Activity
Work Placement
Health Related Fitness Programming and Assessment
Physical Activity Across the Lifespan
Student Negotiated Learning
Duty of Care in Sport
Applied Sport Psychology
Lifestyle Management
Strength & Conditioning
Applied Biomechanics for Performance
Contemporary issues in Sport and Exercise Psychology
Coach Education and Support
Physiology of Obesity and Non-communicable diseases

## BSc with Honours in Sport and Exercise Science

<b>Core modules in the programme (years 3 and 4)*:</b>
Fundamentals of Strength and Conditioning
Applied Sport Psychology
Applied Biomechanics for Performance
Physiological Adaptations for Performance
Research Methods
Advanced Biomechanics and Injury Prevention
Advanced Exercise Physiology
Sport Project
<b>Other modules that may be offered, but are subject to change over time (years 3 and 4):</b>
Work Placement
Health Related Fitness Programming and Assessment
Social Issues in Sport and Exercise
Career Placement
Student Negotiated Learning
Duty of Care in Sport
Performance Analysis for Elite Sports
Advanced Strength and Conditioning
Contemporary Issues in Sport & Exercise Psychology

## BSc with Honours in Sports Development and Coaching

<b>Core modules in the programme (years 3 and 4)*:</b>
Coaching and Learning
Social Issues in Sport and Exercise
Sports Development
Research Methods
Duty of Care in Sport
Coach Education and Sport
Sport for Development
Sport Project
<b>Other modules that may be offered, but are subject to change over time (years 3 and 4):</b>
Work Placement
Fundamentals of Strength and Conditioning
Applied Sport Psychology
Public Health and Physical Activity
Applied Biomechanics for Performance
Physical Activity Health Promotion
Physiological Adaptations for Performance
Career Placement
Advanced Biomechanics and Injury Prevention
Physical Activity for Special Populations
Student Negotiated Learning

## BSc with Honours in Strength and Conditioning

<b>Core modules in the programme (years 3 and 4)*:</b>
Fundamentals of Strength and Conditioning
Coaching and Learning
Applied Biomechanics for Performance
Applied Sport Psychology
Research Methods
Advanced Biomechanics and Injury Prevention
Advanced Strength and Conditioning
Sport Project
<b>Other modules that may be offered, but are subject to change over time (years 3 and 4):</b>
Work Placement
Health Related Fitness Programming and Assessment
Physiological Adaptations for Performance
Career Placement
Duty of Care in Sport
Student Negotiated Learning
Coach Education and Support
Contemporary issues in Sport and Exercise Psychology
Advanced 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.