

BSc SPORT AND EXERCISE SCIENCE
BSc SPORT AND EXERCISE SCIENCE WITH A PLACEMENT YEAR

PART 1 – PROGRAMME SPECIFICATION

1. Awarding institution

St Mary's University, Twickenham

2. Partner institution and location of teaching (if applicable)

N/A

3. Type of collaborative arrangement (if applicable)

N/A

4. Name and level of final award title(s) including sub-awards

Sport and Exercise Science (BSc)

Sport and Exercise Science with Placement Year (BSc)

5. Interim/Exit award(s) with award titles (if specific titles have been designated)

Certificate of Higher Education (CertHE) in Applied Sports Science – 120 credits at L4

Diploma of Higher Education (DipHE) in Sport and Exercise Science – 240 credits at L4 and L5

Ordinary degree in Sport and Exercise Science – 300 credits

6. Faculty with responsibility for the programme

Faculty of Sport, Technology and Health Sciences

7. Language of delivery and assessment

English

8. UCAS code

C600

9. HECos codes

100433

10. Professional, Statutory or Regulatory Body (PSRB) accreditation / recognition

The programme offers an integrated pathway, enabling students to select specific modules within their degree that qualify for endorsement by the British Association for Sport and Exercise Sciences (BASES). These modules align with the specific knowledge required in key areas for Physiology, Biomechanics, Psychology, practical skills, interdisciplinary skills, professional practice, and employability readiness skills.

11. QAA subject benchmark(s) or other relevant external reference points

The programme has been mapped against the QAA Events, Hospitality, Leisure, Sport and Tourism Subject Benchmark Statement (2019), in accordance with the University Mission and the SEEC credit level descriptors.

12. Normal completion time and maximum duration of study

Full-time study – 3 years (6 semesters)

Part-time study – 6 years (12 semesters)

13. Mode of study and normal start month

Full time or part-time

September start only

14. Mode of delivery

Face to face teaching

15. Date approved and name of authorised body

Academic Strategy, Portfolio and Student Experience Committee (SPSE) – date TBC

16. Valid cohorts, commencing study in (month/year)

September 2025

17. Additional Programme Costs

Please visit the following link for information on Additional Programme Costs:

<https://www.stmarys.ac.uk/additional-costs>

PART 2 – CURRICULUM SPECIFIC DETAILS

18. Summary of the programme

Sport and Exercise Science is the application of scientific principles to human performance via the interdisciplinary approaches of physiology, psychology and biomechanics. These three cornerstones of the profession are supported by the understanding and application of research principles and the underpinning of professional values, both key concepts in Sport and Exercise Science.

19. Programme Aims

Main educational aims of programme are as follows:

- Provide a balanced, stimulating and academically sound education within the area of Sport and Exercise Science, which allows students to develop their academic and professional potential.
- Provide students with the opportunity to investigate sport and exercise as an individual and multidisciplinary field with reference to wider ethical and moral issues.
- Develop students' conceptual knowledge and critical understanding of the major domains of Sport and Exercise Science and their application to sport performance, health and well-being.

- Enable students to become multi-skilled practitioners in their chosen field, establishing advanced techniques of enquiry and analysis, using a systematic understanding to relate current research to practice.
- Enable students to participate effectively within society through the development of transferable, practical and cognitive skills in dedicated skills modules and other modules in which skill acquisition is fostered and assessed.
- Enable students to gain substantial experience in the workplace, which will render them highly competitive in the graduate employment market

20. Criteria for admission

Programme entrance requirements

Candidates must satisfy the general admission requirements of St Mary's University as outlined in the [Admissions Policy](#).

Specifically, the entry requirements for the course are as follows:

- 112 UCAS points
- BBC at A Levels (to include either Physical Education or one Science subject)
- DMM at BTEC Extended Diploma
- English, Maths and Science GCSE (C/4 or equivalent)
- 6.0 overall IELTS score (with no less than 5.5 in any section, or equivalent).

Credit Accumulation and Transfer, and Accreditation of Prior Learning

Students who have undertaken study or learning elsewhere may apply for exemption from a proportion of a University programme of study and be given entry with advanced standing (e.g. at a point beyond the beginning of FHEQ Level 4) and exemption from parts of their programme. The learning which may merit advanced standing is as follows:

- Relevant credits, i.e. credits at an appropriate level and in an appropriate subject, earned in another institution or in other institutions;
- Relevant certificated prior learning.

The relevance, status and currency of the prior learning will be considered by the Head of Admissions on the advice of the Programme Lead/Subject Lead. The University will accept applications for accreditation of prior experiential or uncertificated learning for entry as determined by the Programme Lead/Subject Lead on the advice of the Head of Registry. The University will accept applications for the accreditation of prior uncertificated learning for particular modules as outlined in the regulations for programmes of study.

For further details, please refer to the [University Academic Regulations](#).

21. Scheduled learning time

(The number of guided learning hours (GLH) is 10 hours per 1 credit) - [QAA Student Contact Hours](#).

Type of learning time	Number of hours	Expressed as %
Contact time	720	20%
Placement/work-based learning hours*		0%
Guided learning hours	1440	40%

Independent study time	1440	40%
TOTAL**	3600	100%

*Students have the option to complete a Work-based Learning Module (WPL5053B) which would total a minimum of 60 hours. This is a credit bearing module.

**A typical 3-year undergraduate programme has a total of 3600 hours

*Students have the option to complete a Placement year which is non-credit bearing and is assessed on a pass / fail basis. The guided hours for the placement year are as follows.

Type of learning time	Number of hours	Expressed as %
Placement/work-based learning hours*	44 weeks (1,760 hours)	100%
TOTAL	44 weeks (1,760 hours)	100%

22. Programme learning outcomes

Learning outcomes are statements on what successful students have achieved as the result of learning. These are threshold statements of achievement; the learning outcomes broadly fall into four categories:

Upon successful completion of the programme, students will be able to demonstrate:

Knowledge and Understanding:

1. Demonstrate knowledge and understanding of the disciplines which underpin human structure and function in sport and exercise contexts.
2. Demonstrate knowledge and a systematic understanding of the factors which influence and enhance sport and exercise performance, health and well-being.
3. Demonstrate a critical understanding of the disciplines in which they choose to specialise.
4. Apply empirical scientific knowledge in a range of settings, so enabling enhancement of sport and exercise performance in an evidence-based manner.

Cognitive (thinking) skills:

5. Critically analyse and evaluate a range of literature and apply theory and concepts of sport and exercise science in practical contexts.
6. Think logically and critically when addressing particular issues and solving problems relevant to Sport and Exercise Science.
7. Adopt a critical approach to the collection and analysis of data, including the correct choice of methods in the recording, presentation and evaluation of data to a variety of audiences.

Practical skills:

8. Carry out practical activities, using appropriate laboratory, experimental and field-based skills.
9. Undertake practical's / assignments / investigations with due regard for ethical, moral, safety and risk assessment considerations.
10. Collect, record and analyse data with systematic enquiry.

11. Plan, design, execute and communicate a sustained piece of independent research work using appropriate media and techniques.

Key / transferable skills:

12. Communicate ideas and be able to devise and sustain arguments on paper and orally in a fluent and articulate manner.
 13. Use initiative and take personal responsibility to plan and manage learning both independently and as part of a team.
 14. Make appropriate use of information technology in both complex and unpredictable contexts.

23. Programme structure and module requirements

This section shows the core and option modules available as part of the course and their credit value. Full-time Undergraduate students study 120 credits per year.

Programme structures can be subject to change each academic year following feedback from a variety of sources.

Students will have the option to take two pathways through the BSc Sport and Exercise programme. These are the BUES (BASES Undergraduate Endorsement Scheme) route and the non-BUES route. The module options for these 2 routes are detailed below at Level 5.

FHEQ Level 4 Modules - students must acquire 120 credits at HE Level 4, including core modules

Code	Title	No. of credits	Sem of delivery	Module status (core, option)
SPS4065	Introduction to Research	20	1	Core
SPS4067	Physiology of Health, Exercise and Performance I	20	2	Core
SPS4063	Fundamentals of Sport Psychology and Skill Acquisition	20	1	Core
SPS4066	Fundamentals of Biomechanics and Functional Anatomy	20	2	Core
STC4007	Fundamentals of Strength and Conditioning	20	2	Core
SCS4011	Coaching Process I	20	1	Core

FHEQ Level 5 Modules - students must acquire 120 credits at HE Level 5, including core modules

Code	Title	No. of credits	Sem of delivery	Module status (core, option)
SPS5000	Research Methods	20	1 & 2	Core
*SPS5056	Physiology of Health, Exercise and Performance II	20	1	Option
*SPS5021	Social Psychology in Sport	20	2	Option
*SPS5041	Sports Biomechanics	20	1	Option
SPS5058	Notational Analysis	20	1	Option
**SPS5055	Testing and Monitoring in Sport	20	2	Option
WPL5053B	Experience and Employment in Sport	20	2	Option
NUT5042	Sports Nutrition	20	2	Option
STC5008	Strength and Conditioning Coaching in Practice	20	1	Option
NOTE: Students will have the option of selecting ONE module from the Coaching Science Programme				
SCS5011	Coaching Process II	20	2	Option
SCS5023	Skill Acquisition	20	1	Option

Note:

* To fulfil the BUES criteria, students will need to take a minimum of two modules from SPS5056, SPS5021 and SPS5041.

** To fulfil the BUES criteria, students will need to take SPS5055

Placement year

Module code	Module Title	No. of credits	Sem of delivery	Module status
WPL5221	BSc Sport and Exercise Science Placement	N/A pass/fail	1 and 2	Option

FHEQ Level 6 Modules - students must acquire 120 credits at HE Level 6, including core modules

Code	Title	No. of credits	Sem of delivery	Module status (core, option)
SPS6001	Research Project	40	1&2	Core
SPS6011	*Applied Sport and Exercise Physiology	20	1	Option
SPS6085	Environmental Physiology and Ergogenic Aids	20	2	Option
SPS6041	*Experimental Biomechanics	20	1	Option

SPS6042	Applied Biomechanics	20	2	Option
SPS6050	*Applied Sports Psychology	20	1	Option
SPS6086	Issues in Sport, Coaching, Health and Exercise	20	2	Option
SPS6084	Understanding the Multidisciplinary Team	20	2	Option
SPS6087	*Performance Analysis	20	1 & 2	Option
Note: Students will have the option to select ONE of the modules from the Strength and Conditioning Science programme				
STC6014	*Advanced S&C Profiling and Programming	20	1	Option
Note: Students will have the option to select a module from the Coaching Science programme				
SCS6011	Annual Planning	20	1	Option
SCS6023	Advanced Skill Acquisition	20	2	Option

*Students must take the corresponding module in S1 of level 6 of their research project discipline.

24. Work placements or study abroad

Students will be provided the opportunity to complete a work placement with the option to study the module WPL5053B organised by the Centre for Workplace learning at Level 5.

Students can also opt to study their degree as a four-year programme with an integrated placement year between levels 5 and 6. If this option is chosen then the additional non weight bearing module WPL5221 will be completed.

The Placement Year gives students the opportunity to spend a year working between Level 5 and Level 6. It is recommended that students apply for a 44-week placement, but students must complete 30-weeks on placement as a minimum. This is a paid role within a company, in which students gain professional experience and improve their transferable skills. Students are responsible for searching for and applying for placements during Level 5, usually their second year, but will be supported in their search and in making strong applications by the Employability Service and the Placement Tutor.

The Placement Year can confer a significant competitive advantage in the labour market: students who have undertaken a placement year are highly sought after by employers and are more likely to enter professional level employment on graduation. For the duration of the placement year, students have academic and administrative support from a tutor and a placement office, and are required to submit one assignment, usually involving reflection and a poster or presentation, at the conclusion of the year.

International students who are studying at St Mary's on a Student Visa are eligible to undertake a Placement Year but will need to ensure they meet any conditions of their visa during the Placement Year. The University will notify UKVI of the fact that they are undertaking a Placement Year, and their Placement Tutor will check in once a semester with their employer.

If the student has an unauthorised absence from their placement, their employer will notify the placement team, and their visa sponsor may be withdrawn by the student visa team.

25. Links to industry and employability

Employability

Aligned with the University's 2030 Values, employability and widening outreach are embedded throughout the revalidation process. Key opportunities are provided for students to develop essential career skills and connect with potential employers.

Employability support begins at Level 4, with a dedicated careers advisor delivering a session on career planning and employability, including practical steps like setting up LinkedIn profiles. As students advance, they are encouraged to participate in the Employability Fair at Levels 5 and 6. This event connects students with potential employers and provides valuable networking opportunities. Additionally, the Workplace Learning module is promoted to help students broaden their experiences and enhance their career prospects beyond academic study. Students can opt to take the WPL5053B module, which offers a 50-hour work placement in a sports-related setting. Through this placement, students not only gain valuable industry experience but also develop key professional skills. Reflecting on their placement, students enhance their understanding of professional development and its application in the workplace.

Within the 'Testing and Monitoring in Sport' module, guest lecturers from the sports industry provide students with insights into the field, creating additional networking opportunities. Students are encouraged to apply for programs such as the St Mary's Internship Programme, supported by Santander Universities UK, which enhances their industry knowledge, networking, and competitiveness in the graduate job market.

Throughout their time at St Mary's, personal tutors work closely with students, helping them select modules that align with their career aspirations, ensuring their academic journey directly supports their employability and long-term goals

26. Programme awards and regulations

The following programme specific regulations apply: Students must have followed the BUES route and taken the appropriate modules in order to receive the professional accreditation from British Association of Sport and Exercise Science.

This programme conforms to the [University Academic Regulations](#).

27. Equality, Diversity and Inclusion

The promotion of equality and diversity and the inclusion of students is central to the learning and teaching on this programme and all students irrespective of their background or previous experiences, will be respected and valued and will be encouraged to engage and fulfil their potential. In accordance with QAA guidance and the University's commitment to equality and diversity, the programme has adopted an EDI strategy which will be reflected in the curriculum content, the approaches to learning and the assessment methods. These will enable the celebration of a diversity of experience and interests and will fulfil the objective of removing barriers to learning, wherever possible. The programme is structured in such a way that all students will have the opportunity to address issues of equality, diversity and inclusion pertinent to the field of study within the curriculum and in assessments, wherever relevant.

28. Widening Access and Participation

As part of the university's regulatory commitment with the OfS, through our approved [Access and Participation Plan](#), we are required to address the access, success, retention, financial support and progression for all students from traditionally disadvantaged or under-represented populations. This might include (but are not limited to) students from low socio-economic backgrounds, students of particular ethnicities or genders, students with

disabilities, mature students etc. This programme will address the APP targets and commitments by:

- Increasing access to this programme for a diverse range of students, including mature students, students from areas of traditionally low participation and students of different ethnicities
- Monitoring and addressing any differences in retention rates between different student groups
- Ensuring equality of awarding outcomes (grades and final degree) across different student demographic groups
- Offering opportunities for increasing the skills required for graduate employability or further study for all students, especially those from groups under-represented in post-graduate programmes or graduate level employment.

PART 3 – TEACHING, LEARNING & ASSESSMENT

29. Programme learning and teaching strategies

Research-Enriched Teaching and Learning

Research-Enriched Teaching and Learning is integrated throughout the course to ensure students engage with current research and develop critical thinking skills. Modules are designed to encourage students to analyse and apply contemporary research findings to real-world scenarios, fostering a deep understanding of the discipline.

Students are exposed to research through guest lectures, journal articles, and case studies, whilst also being encouraged to conduct their own research, particularly in final-year projects.

Academic staff, who are active researchers in their respective fields, integrate their expertise into teaching, fostering a dynamic and research-informed learning environment. Students benefit from being taught and supervised by staff with a wide range of research area expertise. This direct engagement with leading scholars not only enhances the learning experience but also equips students with essential skills to critically evaluate evidence, conduct independent research, and contribute meaningfully to their field as future professionals.

Teaching and Learning Strategies

The program is delivered through a combination of lectures, practical workshops, and seminars. Lead lectures are primarily used to convey key theoretical content, while seminars and practical workshops allow students to apply this knowledge through small-group discussions, tasks, and hands-on activities. This blended approach ensures students have multiple opportunities to engage with the material in both theoretical and practical contexts.

As students' progress through their degree, there is an increasing emphasis on independent study. In their final year, students are required to undertake an independent project of their choice, which typically requires around 195 hours of dedicated work. This project allows students to delve into a specific area of interest and demonstrate their ability to conduct research and apply their knowledge.

Collaborative learning is also strongly encouraged throughout the programme. Several modules incorporate group projects, data collection, presentation, discussions, and problem-solving activities to promote collaboration among students.

All students are assigned a personal tutor from Level 4, in accordance with the Enhanced Personal Academic Tutoring Policy. This policy provides three individual tutorials, as well as additional group

sessions, during the first semester of Level 4. These tutorials offer students a dedicated point of contact early in their university experience and allow staff to regularly assess student progress.

Students continue to meet with their personal tutor throughout Semester 2 of Level 4 and into Level 5, though the frequency of these meetings decreases as students become more independent. At Level 6, students are assigned a research project supervisor who takes on the role of personal tutor. This transition reflects the greater need for discipline-specific expertise and the more frequent contact required during the final year, particularly in guiding students through their research projects.

30. Programme assessment strategy

Assessment Strategy:

Students will be assessed in a number of ways throughout the programme, including:

- Written assessments: Essays/ reports/ reflective writing
- Delivery of practical teaching/ coaching sessions
- Presentations and oral exams
- Lesson plans
- Portfolios
- Case studies
- Vlogs
- Dissertation and Viva (for Level 6 research project)

Please see module specifications for further assessment details.

PART 4 – UNIVERSITY SUPPORT

31. Student support and guidance

We have a dedicated Student Centre located in the heart of the University in the Student Square. Student Services are situated on the 2nd floor of the Student Centre and our aim is to assist, guide and support students throughout their period of study. Our Student Life and Guidance team includes; the Accommodation Services, Student Funding Service, Pastoral Care and Advice & Guidance. Within the Wellbeing Service, the Disability Service supports students with both physical disabilities and learning differences such as Dyslexia. In addition, we have a Mental Health Advisor and Counselling team. Our students can also access support on line via [Togetherall](#) which is a great platform of peer and professional support with trained counsellors. This completely anonymous service is available 24 hours a day, 7 days a week, 365 days a year. It is a safe on-line space for students to explore their feelings and learn how to improve and self-manage their own mental health and wellbeing.

Each student is also allocated a Personal Tutor within their academic programme who can assist with any academic advice and support students with any personal issues.

The Widening Participation Team within CTESS provides a range of activities and support initiatives to increase students' engagement with the wider university, eliminate identified barriers and enhance student experiences, particularly for students from disadvantaged or non-traditional backgrounds. These might include a pre-entry programme for invited students, Student Engagement Fund and Digital Equality Scheme, Induction and Engagement weeks, peer mentoring opportunities, buddy schemes, themed sessions and targeted activities for particular groups, such as commuting students

Students can expect Employability support throughout their programme. A dedicated careers consultant will work with the programme lecturers to provide tailored careers sessions. Students can then access one to one support through the Careers Service in person or remotely. Employability will be built through programme and student will have further opportunities to develop their employability throughout their student experience. Employability Service support this by providing job fairs and webinars for students to engage with employers as well as an online jobs board CareerConnect, to enable students to access part-time jobs, internships, volunteering and graduate opportunities. There are also specific programmes to enable employability skills to be developed e.g. the entrepreneurship programme Start Up St Mary's, Be Smart (for BAME students) and Employability Confident (for disabled students). Many of these services are also available to St Mary's alumni.

32. Quality management arrangements

This programme aligns with the quality assurance requirements of St Mary's University through the following processes:

- Five yearly cycle of revalidation
- Interim review for collaborative provision
- System of Programme Liaison Managers for collaborative provision
- Ongoing monitoring through the Programme Review process
- Staff Student Liaison Initiatives
- Consideration of marks and graduate profiles at Exam Boards
- Engagement with student representatives (e.g SMSU, programme reps, subject chairs, student experts panel, Student EDI committee)