COURSE SPECIFICATION

BSc (Hons) Sport and Exercise Science

COURSE SPECIFICATION

Please refer to the Course Specification Guidance Notes for guidance on completing this document.

Course Title	***BSc (Hons) Sport and Exercise Science***
Final Award	*BSc (Hons)*
Exit Awards	*120 credits CertHE; 240 credits DipHE*
Course Code / UCAS code (if applicable)	*U2325PYC (C600)*
Mode of study	*full time*
Mode of delivery	*Campus*
Normal length of course	*3 years, 4 years with placement*
Cohort(s) to which this course specification applies	*September 2026 intake onwards*
Awarding Body	*University of Portsmouth*
Teaching Institution	*University of Portsmouth*
Faculty	Faculty of Science & Health
School/Department/Subject Group	*School of Psychology, Sport and Health Sciences*
School/Department/Subject Group webpage	*https://www.port.ac.uk/about-us/structure-and-governance/organisational-structure/faculty-of-science-and-health/school-of-psychology-sport-and-health-sciences*
Course webpage including entry criteria	*https://www.port.ac.uk/study/courses/bsc-hons-sport-and-exercise-science*
Professional and/or Statutory Regulatory Body accreditations	*CharteredAssociation of Sport and Exercise Science (CASES)*
Office for Students Conditions of Registration	*https://www.officeforstudents.org.uk/for-providers/registering-with-the-ofs/registration-with-the-ofs-a-guide/conditions-of-registration/*
Quality Assurance Agency Framework for Higher Education Qualifications (FHEQ) Level	*Level 4, 5, 6*

This course specification provides a summary of the main features of the course, identifies the aims and learning outcomes of the course, the teaching, learning and assessment methods used by teaching staff, and the reference points used to inform the curriculum.
This information is therefore useful to potential students to help them choose the right course of study, to current students on the course and to staff teaching and administering the course.

Further detailed information on the individual modules within the course may be found in the relevant module descriptors and the Course Handbook provided to students on enrolment.

Please refer to the Course and Module Catalogue for further information on the course structure and modules.

Educational aims of the course

- *provide an intellectually stimulating environment that develops critical and reflective knowledge and understanding within sport and exercise science*
- *enable students to benefit from a broad curriculum that embodies academic excellence informed by practice and research within sport and exercise science*
- *encourage students to synthesise new and existing knowledge to generate ideas and develop creative solutions*
- *enable students to locate, access and engage with information using current and emerging digital technologies*
- *develop skills to become effective team players, able to provide leadership and support whilst communicating clearly and effectively*
- *to enhance students' career and employment prospects by providing opportunities for career-enhancing activities to strength their personal development*
- *to support the student experience through effective management and improvement of the learning and teaching resources*

Course Learning Outcomes and Learning, Teaching and Assessment Strategies

The Quality Assurance Agency for Higher Education (QAA) sets out a national framework of qualification levels, and the associated standards of achievement are found in their Framework for Higher Education Qualifications document.

The Course Learning Outcomes for this course are outlined in the tables below.

A. Knowledge and understanding of:			
LO number	**Learning outcome**	**Learning and Teaching methods**	**Assessment methods**
A1	*Describe in detail key concepts and principles underpinning the study of sport and exercise science*	Lectures Practical sessions Seminars Tutorials	Reports Practical skills assessments Oral assessments Written assignments Dissertation Portfolios
A2	*Utilise new and existing knowledge of human responses and adaptions to sport and exercise interventions to explain observed outcomes*	Lectures Practical sessions Seminars Tutorials	Reports Practical skills assessments Oral assessments Written assignments Dissertation Portfolios
A3	*Utilise and develop research methodologies and ethical considerations related to human experimentation*	Lectures Practical sessions Seminars Tutorials	Reports Oral assessments Written assignments Dissertation

B. Cognitive (Intellectual or Thinking) skills, able to:			
LO number	**Learning outcome**	**Learning and Teaching methods**	**Assessment methods**
B1	*Critically evaluate information from a variety of sources*	Lectures Practical sessions Seminars Tutorials	Reports Practical skills assessments Oral assessments Written assignments Dissertation Portfolios
B2	*Apply appropriate scientific techniques in a variety of situations*	Practical sessions Seminars	Reports Practical skills assessments Oral assessments Written assignments Dissertation Portfolios

C. Practical (Professional or Subject) skills, able to:			
LO number	**Learning outcome**	**Learning and Teaching methods**	**Assessment methods**
C1	*Select the appropriate laboratory and field-based skills to conduct measurement and/or analytical procedures in a safe, reliable and precise manner*	Seminars Practical sessions	Reports Practical skills assessments Dissertation

D. Transferrable (Graduate and Employability) skills, able to:			
LO number	**Learning outcome**	**Learning and Teaching methods**	**Assessment methods**
D1	*Utilise leadership or collaborative working skills to support success*	Lectures Practical sessions Seminars Tutorials	Reports Practical skills assessments Oral assessments Written assignments Dissertation Portfolios
D2	*Communicate effectively key aspects / findings to a variety of audiences using a range of media*	Lectures Practical sessions Seminars Tutorials	Reports Practical skills assessments Oral assessments Written assignments Dissertation Portfolios
D3	*Identify and use the appropriate resources (human and physical) to enable the successful completion of a task in a timely manner*	Lectures Practical sessions Seminars Tutorials	Reports Practical skills assessments Oral assessments Written assignments Dissertation Portfolios

Academic Regulations

The current University of Portsmouth Academic Regulations: Examination & Assessment Regulations will apply to this course.

Support for Student Learning

The University of Portsmouth provides a comprehensive range of support services for students throughout their course, details of which are available at the MyPort student portal.

Evaluation and Enhancement of Standards and Quality in Learning and Teaching

The University of Portsmouth undertakes comprehensive monitoring, review and evaluation of courses within clearly assigned staff responsibilities. Student feedback is a key feature in these evaluations, as represented in our Policy for Listening to and Responding to the Student Voice where you can also find further information.

Reference Points

The course and outcomes have been developed taking account of:

- University of Portsmouth Connected Curriculum
- University of Portsmouth Vision
- Office for Students Conditions of Registration
- University of Portsmouth Code of Practice for Work-based and Placement Learning
- Quality Assurance Agency UK Quality Code for Higher Education
- Quality Assurance Agency Framework for Higher Education Qualifications
- Quality Assurance Agency Qualification Characteristic Statements
- Quality Assurance Agency Subject Benchmark Statement for Events, Hospitality, Leisure, Sport and Tourism
- Requirements of Professional and/or Statutory Regulatory Bodies: *Chartered Association of Sport and Exercise Science (CASES)*
- Vocational and professional experience, scholarship and research expertise of the University of Portsmouth's academic members of staff

Changes to your course/modules

The University of Portsmouth has checked the information provided in this Course Specification and will endeavour to deliver this course in keeping with this Course Specification. However, changes to the course may sometimes be required arising from annual monitoring, student feedback, and the review and update of modules and courses.

Where this activity leads to significant changes to modules and courses there will be prior consultation with students and others, wherever possible, and the University of Portsmouth will take all reasonable steps to minimise disruption to students.

It is also possible that the University of Portsmouth may not be able to offer a module or course for reasons outside of its control, for example, due to the absence of a member of staff or low student registration numbers. Where this is the case, the University of Portsmouth will endeavour to inform applicants and students as soon as possible, and where appropriate, will facilitate the transfer of affected students to another suitable course.

Copyright

The contents of this Course Specification are the copyright of the University of Portsmouth and all rights are reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, such as electronic, mechanical, photocopied, recorded or otherwise, without the prior consent of the University of Portsmouth.

Document Details	
CSD Template date	*July 2025*
Author	*Dr Joseph Moore*
Date of production and version number	*September 2025*
Date of update and version number	*NA*
Minimum student registration numbers	*30*