COLLABORATIVE COURSE SPECIFICATION

BSc (Hons) Sport, Exercise and Rehabilitation Science

COURSE SPECIFICATION

Course Title	*BSc (Hons) Sport, Exercise and Rehabilitation Science*
Final Award	*BSc (Hons)*
Exit Awards	*120 credits CertHE; 240 credits DipHE; 300 BSc*
Course Code / UCAS code (if applicable)	*U3981PYC*
Mode of study	*Full time*
Mode of delivery	*Campus*
Normal length of course	*4 years*
Cohort(s) to which this course specification applies	*September 2026 intake onwards*
Awarding Body	*University of Portsmouth*
Teaching Institution	*University of Portsmouth and Brock University (Canada)*
Faculty	*Science and 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/undergraduate/bsc-hons-sport-exercise-and-rehabilitation-science-dual-degree-brock-university*
Professional and/or Statutory Regulatory Body accreditations	*Seeking Chartered Association of Sport and Exercise Sciences (CASES) endorsement*
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, health and exercise science
- Enable students to benefit from a broad curriculum that embodies academic excellence informed by practice and research within sport, health 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
- Enhance students' career and employment prospects by providing opportunities for career-enhancing activities to strength their personal development
- Support the student experience through effective management and improvement of the learning and teaching resources
- Provide the opportunity to advance students' inter-cultural and academic skills, knowledge and experience, by adding a global dimension to their studies and thus enabling them to develop knowledge and skills essential for roles in the global workforce

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, exercise and rehabilitation science	• Lectures • Practical sessions • Seminars • Tutorials	• Reports • Practical skills assessments • Written exams • Oral assessments • Written assignments • Dissertation • Portfolios
A2	Utilise new and existing knowledge of human responses and adaptations to sport, exercise and rehabilitation interventions to explain observed outcomes	• Lectures • Practical sessions • Seminars • Tutorials	• Reports • Practical skills assessments • Written exams • 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
A4	To provide the opportunity to advance students' inter-cultural and academic skills, knowledge and experience, by adding a global dimension to their studies and thus enabling them to develop knowledge and skills essential for roles in the global workforce	• Lectures • Practical sessions • Seminars • Tutorials	• Reports • Practical skills assessments • Written exams • Oral assessments • Written assignments • Dissertation • Portfolios

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 • Written exams • 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	• Practical sessions • Seminars	• 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 / Academic Regulations: Examination & Assessment Regulations (Collaborative Courses) *(Delete as appropriate)* will apply to this course.

Support for Student Learning

Support for Student Learning – Brock University

Brock University provides a comprehensive suite of student support services, including dedicated Housing Services, Student Life & Success teams (covering learning services, wellbeing, off-campus living, faith and life, and equity-focused support), extensive library resources, academic advising, and strong research support infrastructure. Students benefit from a wide range of high-quality teaching facilities, laboratories, and sports facilities, alongside an inclusive student experience supported by specialist centres and community-building activities.

Support for Student Learning – University of Portsmouth

The University of Portsmouth supports students through its central MyPort service, which provides guidance on all aspects of university life, including academic skills, wellbeing, disability support (ASDAC), chaplaincy, finance, accommodation, and international student advice. Students have access to specialist mental health services, counselling, money advice, study support, and a responsive MyPort Hub offering in-person, email, phone and live-chat assistance. The University also provides extensive library resources and modern sports and campus facilities to enhance student learning and wellbeing.

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 Curriculum Framework Specification
- University of Portsmouth Vision 2030 and Strategy 2025
- University of Portsmouth Code of Practice for Work-based and Placement Learning
- https://www.qaa.ac.uk/quality-code/qualifications-and-credit-frameworks
- 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 Sciences* (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.

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