Module Descriptor

Title	Sport and Exercise Experience		
Session	2026/27	**Status**	Published
Code	SPOR08042	**SCQF Level**	8
Credit Points	20	**ECTS (European Credit Transfer Scheme)**	10
School	**Health and Life Sciences**		
Module Co-ordinator	Laura Graham		

Summary of Module

This module is designed to facilitate the transference of theoretical knowledge to applied practice. This module is underpinned by work related learning experiences gained in first year and prepares students for a longer, second placement in the third year module Being a Sport Professional.

The module is delivered in partnership with the local authority, who are able to offer a wide range of placements across Active Schools and Sport Development initiatives. Alternative placements for students who wish to use their own links are also possible however and will be approved at the module leader's discretion.

By the end of this module, students will have gained experience of professional practice within the sport sector. The structure of the module optimises essential networking opportunities, personal developing planning, and active reflection on professional skills.

This module develops student in relation to the “I Am UWS” Graduate Attributes:

Universal – Critical Thinker, Emotionally Intelligent, Collaborative

Work-Ready – Problem-solver, Emotionally Intelligent, Potential Leader

Successful – Autonomous, Resilient, Driven

Successful completion (including achieving a pass) of this module SPOR08042 Sport & Exercise Experience by BSc (Hons) Sport Development* students partially fulfils CIMSPA (the Chartered Institute for the Management of Sport and Physical Activity) endorsement for the professional standard: Aspiring Manager (along with several other modules across the duration of studies, including completion of L10, also required to achieve endorsement). CIMSPA have career advice and further learning resources available for members. From September 2025, UWS students can receive free membership of the student category. To use the professional standard in practice, practitioner membership is required.

*The Aspiring Manager professional standard is only available to BSc (Hons) Sport Development students as it aligns with several modules which are specific to this programme; students on other programmes can obtain CIMSPA professional standards across specific modules at L7 and L8.

Module Delivery Method	On-Campus[1] ☒	Hybrid[2] ☐	Online[3] ☐	Work -Based Learning[4] ☒
Campuses for Module Delivery	☒ Ayr ☐ Dumfries	☒ Lanarkshire ☐ London ☐ Paisley	☐ Online / Distance Learning ☒ Other (specify) Placement locations	

Terms for Module Delivery	Term 1	☐	Term 2	☐	Term 3	☐
Long-thin Delivery over more than one Term	Term 1 – Term 2	☒	Term 2 – Term 3	☐	Term 3 – Term 1	☐

Learning Outcomes	
L1	Show discerning understanding of key principles in professional practices within the working environment.
L2	Develop a critical and reflective approach to professional practices.
L3	Demonstrate effective communication to peers and other professionals.
L4	
L5	

Employability Skills and Personal Development Planning (PDP) Skills	
SCQF Headings	**During completion of this module, there will be an opportunity to achieve core skills in:**
Knowledge and Understanding (K and U)	**SCQF 8** Demonstrating and/or working with: A broad knowledge of the scope, defining features, and main areas of a subject/discipline. Detailed knowledge in some areas.
Practice: Applied Knowledge and Understanding	**SCQF 8** Using a range of routine skills, techniques, practices and/or materials associated with a subject/discipline, a few of which are advanced or complex. Adapting routine practices within accepted standards.

[1] Where contact hours are synchronous/ live and take place fully on campus. Campus-based learning is focused on providing an interactive learning experience supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus contact hours will be clearly articulated to students.

[2] The module includes a combination of synchronous/ live on-campus and online learning events. These will be supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus and online contact hours will be clearly articulated to students.

[3] Where all learning is solely delivered by web-based or internet-based technologies and the participants can engage in all learning activities through these means. All required contact hours will be clearly articulated to students.

[4] Learning activities where the main location for the learning experience is in the workplace. All required contact hours, whether online or on campus, will be clearly articulated to students

Generic Cognitive skills	**SCQF 8** Undertaking critical analysis, evaluation and/or synthesis of ideas, concepts, information and issues that are within the common understandings of the subject/discipline. Evaluating evidence-based solutions/responses to defined and/or routine problems/issues and/or routine problems/issues.
Communication, ICT and Numeracy Skills	**SCQF 8** Using a range of routine skills and some advanced and specialised skills associated with a subject/discipline, for example: Conveying complex information to a range of audiences and for a range of purposes.
Autonomy, Accountability and Working with Others	**SCQF 8** Exercising autonomy and initiative in some activities at a professional level. Taking significant managerial or supervisory responsibility for the work of others in defined areas of work. Taking the lead on planning in familiar or defined contexts. Working in support of current professional practice, under guidance.

Prerequisites	**Module Code**	**Module Title**
	Other	
Co-requisites	**Module Code**	**Module Title**

Learning and Teaching	
In line with current learning and teaching principles, a 20-credit module includes 200 learning hours, normally including a minimum of 36 contact hours and maximum of 48 contact hours. This module requires the completion of a UWS PVG and any student who fails to complete both this and the tripartite agreement by the deadline risks withdrawal from the module.	
Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	**Student Learning Hours** (Note: Learning hours include both contact hours and hours spent on other learning activities)
Laboratory / Practical Demonstration / Workshop	24
Work-based Learning	48
Personal Development Plan	10
Independent Study	118
n/a	
n/a	
TOTAL	200

Indicative Resources
The following materials form essential underpinning for the module content and ultimately for the learning outcomes: Knowles Z, Gilbourne D, Cropley B and Dugdill L (2013) Reflective Practice in the Sport and Exercise Sciences Heaney C, Oakley B and Rea S (2009) Exploring Sport and Fitness: Work-Based Practice
(N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)

Attendance and Engagement Requirements
In line with the Student Attendance and Engagement Procedure, Students are academically engaged if they are attending and participating in all timetabled programme activities including on-campus and online teaching sessions, asynchronous online learning activities, placement, work-based elements, course-related learning resources, and complete assessments and submit these on time. **For the purposes of this module, academic engagement equates to the following:** 100% Attendance at all module events and consistent weekly engagement with online materials. For the purposes of this module, academic engagement also includes entering required placement details onto InPlace by specified deadline, completion of PVG in advance of placement and completing required placement hours. Failure to do so will impact completion of the module.

Equality and Diversity
The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: UWS Equality, Diversity and Human Rights Code. In line with current legislation (Equality Act, 2010) and the UWS Equality, Diversity, and Human Rights Code, our modules are accessible and inclusive, with reasonable adjustment for different needs where appropriate. Module materials comply with University guidance on inclusive learning and teaching, and specialist assistive equipment, support provision and adjustment to assessment practice will be made in accordance with UWS policy and regulations. Where modules require practical learning or assessment, alternative formats and/or roles will be provided for students with physical disabilities which impact participation.
(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)

Supplemental Information

Divisional Programme Board	**Sport Exercise Health**
Overall Assessment Results	☐ **Pass / Fail** ☒ **Graded**
Module Eligible for Compensation	☐ **Yes** ☒ **No** **If this module is eligible for compensation, there may be cases where compensation is not permitted due to programme accreditation requirements. Please check the associated programme specification for details.**
School Assessment Board	Sport, Exercise & Health

Moderator	Mark McGuigan
External Examiner	S Robson
Accreditation Details	
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	3

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Completion of relevant work-based learning placement/practical work.
Assessment 2
Reflective Assignment analysing placement experiences.
Assessment 3
(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed. (ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)

Component 1							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Performance/ Studio work/ Placement/ WBL/ WRL assessment	☒	☐	☒	☐	☐	50	3

Component 2							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Portfolio of written work	☒	☒	☒	☐	☐	50	0

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		
Combined total for all components						100%	3 hours

Change Control

What	When	Who
E&D and A&E statement as per SEH. Assessment outcome grid text added and CIMSPA statement.	17/03/2025	Sarah Darroch
Hours updated and hybrid change	11/03/26	Laura Graham