Undergraduate Programme Specification

Session	2026/27	**Last Modified**	March 2026
Named Award Title	BSc (Hons) Sport & Exercise Science/ (Physical Activity & Health)		
Award Title for Each Award	BSc (Hons) Sport & Exercise Science/ (Physical Activity & Health) BSc Sport & Exercise Science Dip HE Sport & Exercise Science Cert HE Sport Science		
Date of Approval	March 2022		
Details of Cohort Applies to	All new and existing cohorts		
Awarding Institution	University of the West of Scotland	**Teaching Institution(s)**	University of the West of Scotland
Language of Instruction & Examination		English	
Award Accredited by			
Maximum Period of Registration			
Duration of Study			
Full-time	4 years	**Part-time**	8 years
Placement (compulsory)	Yes		
Mode of Study	☒ Full-time ☒ Part-time		
Campus	☐ Ayr ☐ Dumfries	☒ Lanarkshire ☐ London ☐ Paisley	☐ Online / Distance Learning ☐ Other (specify)
School	**Health and Life Sciences**		
Divisional Programme Board	**Sport Exercise Health**		
Programme Leader	Rachel Kimble		

Admissions Criteria
Candidates must be able to satisfy the general admission requirements of the University of the West of Scotland as specified in Chapter 2 of the University Regulatory Framework together with the following programme requirements:

SQA National Qualifications:

Year 1 entry:
Standard Entry: 120 UCAS Tariff points, grades AABB including a science subject (Biology preferred) and PE

Minimum Entry: 108 UCAS Tariff points, grades BBBB including a science subject (Biology preferred) or PE. Applies to Care leavers, Widening Access SIMD20/40

Science subjects include Maths, Human Biology, Biology, Chemistry, Physics, or Psychology. Maths must be at standard grade 3 or above, Intermediate 2 or National 4.

Or GCE
Year 1 entry:
104 UCAS Tariff points, A-level grades BCC, including a science subject (Biology preferred) or PE

Year 2 entry:
120 UCAS Tariff points, A-level grades BBB including a science subject (Biology preferred) or PE.

Science subjects include Maths, Human Biology, Biology, Chemistry, Physics, or Psychology.

Or SQA National Qualifications / Edexcel Foundation
Year 1 entry:
HNC Fitness, Health and Exercise, HNC Applied Sport Science, HNC Applied Sports and Exercise Science, HNC Physical Activity and Health, and HNC Sport Therapy. HND Sport Coaching and Development. All must have B in Graded Unit (all graded units must be at Grade B if HND).

Year 2 entry:
HNC Fitness Health and Exercise, HNC Applied Sports Science, HNC Applied Sports and Exercise Science, and HNC Physical Activity and Health. Must have A in Graded Unit. HND Sport Therapy must have B in Graded Unit (not eligible for year 3 this with HND), HND Fitness, Health & Exercise, HND Applied Sports Science, HND Applied Sports and Exercise Science and HND Physical Activity and Health. HNDs with 2 Graded Units – 4 points must have Bs and HNDs with 3 Graded Units - 5 points across graded units (A-3,B-2,C-1) must have Bs in all level 8 Graded Units.

Year 3 entry:
HND Fitness, Health & Exercise, HND Applied Sports Science, HND Applied Sports and Exercise Science and HND Physical Activity and Health. For an HND with a double graded unit applicants must have AA, for an HND with a single graded unit applicants must have A.

Other HNC/HND (or equivalent) in a relevant subject area will be considered for entry.

Other Required Qualifications/Experience
Volunteer or work experience in sport, health or exercise environments. Applicants should submit a strong personal statement and reference.

RPL (Recognition of Prior Leaming)
An applicant who has successfully completed a programme of certificated learning at a recognised UK awarding institution shall be considered for admission with specific credit, at an appropriate point on the programme of study for which entry is being sought.
International Baccalaureate (IB):

Year 1 entry:
27 points with 3 subjects at H4 including a Science subject (Biology preferred)

Year 2 entry:
30 points with 3 subjects at H4 including English, Sports, exercise & health science, and one other science subject

Irish Leaving Certificate (ILC):

Year 1 entry:
H1H1H2H2 including a science subject (Biology preferred) and PE.

Scottish Widening Access Programme (SWAP):

Access to STEM ABB
Access to Life Sciences ABB
Access to Humanities ABB
Access to Health & Biological Science ABB

Mature applicants will be considered on an individual basis where they can demonstrate relevant/extensive experience in conjunction with suitable qualifications.

Further desirable skills pre-application
Applicants should submit a strong personal statement and reference.

Protecting Vulnerable Groups scheme (PVG)
Successful applicants who gain a place on this course will need to register on the PVG Scheme, managed and delivered by Disclosure Scotland. Application will be managed through the University once you have accepted your offer, and further guidance will be provided during induction. There is a fee for joining the scheme or to apply for a PVG with a new group and the appropriate fee is covered by the student. Those students already part of the scheme may apply for an update which incurs a reduced fee if for the same group. Current fees are available at https://www.mygov.scot/apply-for-pvg
In line with our Admission Procedure, Criminal Convictions and Charges Procedure and Regulatory Framework, there may be implications to your programme enrolment in not disclosing Criminal Convictions.

General Overview
The BSc (Hons) Sport and Exercise Science explores sport and exercise using the three underpinning branches of science: physiology, psychology, and biomechanics. Taking an interdisciplinary approach, students are invited to align theory and practice in the investigation of real-world problems experienced by individuals and groups in a variety of sport and exercise contexts from high performance athletes to exercise as medicine. It is a

four-year, full-time programme, but it can also be offered on a part-time basis in consultation with the programme leader.

This programme aims to:

- Promote the academic study of Sport and Exercise Science acknowledging the increasingly wider aspects of sport, physical activity, and health in professional employment.
- Develop intellectual, practical and research skills to allow students to ask appropriate questions, understand the principles and application of scientific methods, and apply these abilities in professional practice and lifelong learning.
- Create local, national, and global impact through Sport and Exercise Science via research-led teaching and globally relevant graduates.

The programmes across the Division of Sport, Exercise and Health collectively address key UN Sustainable Development Goals, including SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 5: Gender Equality, SDG 10: Reduced Inequalities, and SDG 11: Sustainable Cities and Communities. Through a focus on promoting physical activity, inclusive coaching, and community-based sport development, these programmes equip graduates to advance health, equity, and education across diverse populations and settings.

Typical Delivery Method

Our learning and teaching strategy is supported by the UWS Curriculum Framework. Its approach is holistic, enabling students to master a range of competencies in flexible and contemporary ways. Our programme mode of delivery uses mandatory face-to-face learning on campus, encompassing academic, personal, and professional development (APPD) which forms a central spine of support for student success, wellbeing, and employability beginning with embedded threshold content in level 7, progressing through work-based learning modules at levels 8 and 9, and culminating in our capstone module at Ll0, which allows our student to holistically demonstrate the learning they have gained.

Levels 7, 8, and 9 are identical in structure across the non-pathway and Physical Activity & Health pathway of the programme. The latter years in the programme become increasingly applied and more specialised; in particular L10 offers a rich range of optional modules across a range of sport science topics for the non-pathway option of the programme to allow students to focus their studies on their area of interests. The Physical Activity & Health pathway offers students a dedicated set of modules specific to the field of study, with a proportion of optional modules to be selected from the other L10 Sport and Exercise Science modules. This programme structure is designed such that it offers a student-centred approach where students can build a learning pathway best suited to their individual trajectory.

We employ student-centred approaches throughout the programme with learning taking place in active, supportive, participatory, and contextualised environments. Students will be supported to develop a self- directed approach to their learning journey, and as they progress through the programme, the balance between independent and directed learning evolves in accordance with the level of study.

The modules presented within the programme provide authentic experiences for students allowing them to integrate their skills, knowledge, and abilities in real-world learning activities. Students will acquire practical knowledge and understanding through a variety of activities that simulate workplace practices and procedures. We promote gradually increasing student autonomy and active learning by encouraging students to apply both knowledge and practical skills at progressively higher levels throughout the programme.

Additionally, students wishing to continue their studies will be eligible to undertake a range of postgraduate programmes within sport and related subjects such as physiotherapy, physical education, sports coaching, primary education, doctoral studentships, and more.

The theoretical aspects of the programme are developed through activities which enables students to engage with theories, concepts, and principles in an open, evaluative way and to develop their own critical, analytical and reflective skills as they progress. The aim is to foster a range of graduate attributes that will prepare students for their future careers and further study options.

The programme makes use of a range of teaching and learning methods suggested in the QAA benchmark statement. These include: tutorials and seminars; one to one interaction; practical workshops and exercises in a simulated work environment; small group teaching and group project work; peer learning through discussion of colleague's work; independent learning; and external work experience (work related/based learning). Students are expected to undertake independent study to supplement and consolidate academic led activity. Virtual learning environments (VLE) support all the teaching and learning activities.

Assessment Strategy

The assessment strategy is in line with the current QAA Subject Benchmark Statement for Sport. This states that assessment must be appropriate to the intended learning processes, the learning context and needs and stages of progression of the students. To ensure these requirements are met, assessment methods on the programme comprise a range of techniques. The assessment spread and type is managed to support the student experience, and this is reviewed on an annual basis.

Where possible, all assessments are digitally enabled. A range of assessment methods are utilised that are appropriate to the level and subject. These methods consider developments in the professional sector, higher education, and advances in technology. Leaming outcomes are assessed by a variety of methods aimed at enhancing the student experience. These methods include but are not limited to group and individual work, multiple-choice exams, reflective practice reports, essays, open-book exams, oral presentations, case studies, programme planning, debate & discussion, reflective learning logbooks, seen question online examinations, portfolios, research production, research reviews, blogs, and podcasts.

Feedback is delivered either digitally or in person (in the case of practicals or presentations). Samples of work assessed through practical's, presentations, or oral exams are filmed to allow for both internal and external moderation.

Any additional costs

Students are required to pay the cost of PVG membership, see 'Admissions Criteria' section for further details.

Students are required to meet the expenses (e.g., travel) relating to placement/internship (work-based learning) modules and to external facilities used for teaching.
Costs associated with the optional L10 module SPOR10060 Applied Sport Field Trip are the responsibility of the student.

Students may choose to pay to join CIMSPA (Chartered Institute of Management, Sports & Physical Activity).

Students may choose to purchase Division of Sport, Exercise & Health branded sports kit. All costs are subject to change.

Graduate Attributes, Employability & Personal Development Planning
As a graduate from UWS students will be:

• Universal - globally relevant with comprehensively applicable abilities, skills, and behaviours.
• Work-ready - dynamic and prepared for employment in complex, ever-changing environments which require lifelong learning and resilience.
• Successful - as a UWS graduate with a solid foundation on which to continue succeeding and realising my potential, across various contexts.

UWS will provide the student opportunities to develop academically, personally, and professionally. By the time our Sport and Exercise Science students graduate, they will have acquired a range of subject- specific knowledge, study/digital skills, and 21st century skills:

• Subject-specific knowledge - Refers to range of discipline-specific facts, concepts, theories, skills, research, and their application to real world concerns and practices of the discipline.
• Study/digital skills - refers to competencies in a specific array of academic skills involved in acquiring, organising, critiquing, and generating knowledge, and to the adept use of digital tools and environments for producing and communicating this knowledge.
• 21st century skills - the more current idea for transferable or interdisciplinary skills; it acknowledges that the conduct of routine specialist skills is no longer sufficient for graduate-level jobs. Instead, success lies in the ability to communicate, share, and use information to solve complex problems, in adaptability, innovation in response to changing circumstances, marshalling technology to create new knowledge, and in expanding human capacities.

The knowledge, skills, and abilities our students gain open a range of career opportunities across sport, exercise, fitness, and health industries. Personal Development Planning (PDP) is a core part of our work-based learning (APPD) modules that run across all years of the programme, and through these, we support students in planning their own career pathway. Our students commonly find employment in local authorities, professional sport, the NHS, governing bodies, and commercial and government organisations. A significant number of students also progress to postgraduate study each year.

Some recent graduate destinations (last 5 years) include:

- Sport Scientist (e.g. Motherwell FC, Celtic Women's FC, British Gymnastics)
- Sport Science technician
- MSc Physiotherapy (pre-registration)
- PG Dip in Physical Education
- College Lecturer
- Personal trainer
- Research Assistant
- MSc by Research in the sport and exercise science field
- PhD students
- Sport Development roles

CIMSPA endorsement

Successful completion (including achieving a pass) of certain modules have endorsement by CIMSPA (The Chartered Institute for the Management of Sport and Physical Activity) for specific professional standards, see module descriptors for further details. From September 2025, UWS students can receive free membership of the student category. To use the professional standard in practice, practitioner membership is required.

CASES Undergraduate Endorsement Scheme (BUES)
The BSc (Hons) Sport and Exercise Science programme is endorsed by the Chartered Association of Sport and Exercise Sciences (CASES), which builds upon our CASES laboratory accreditation and CASES Outreach Hub role. More details on the CASES endorsement scheme can be found here.

Work Based Learning/Placement Details

The BSc (Hons) Sport and Exercise Science programme provides students the opportunity to take part in effective work-based learning (WBL) modules. The interaction between employers and higher education providers is a fundamental part of sport programmes. We are committed to providing structured learning experiences for students through exposure to a range of occupations and career options, as well as class- based and community activities that incorporate employers as speakers, advisors, instructors, and career mentors. Our WBL programme addresses three key components: career awareness; career exploration; and career preparation. Students are provided experiences commensurate with their knowledge, skills, and abilities, and with their development stage via the core APPD spine.

Where possible, the WBL modules allow students to gain experience relevant to their areas of interest. All students are provided training by our industry partners in-house at UWS; however, students can select their own placement after completion of training. Most students choose to work with our partners.

Students are required to meet the expenses (e.g. travel) relating to the WBL modules.
The Division of Sport, Exercise & Health have a range of branded sports kit available for purchase by students via our provider's online store. Purchase of such kit is not a mandatory part of the course; however, it is advised that attending placement in branded kit will increase the professional appearance of students whilst representing the university. Any kit purchased is at the personal cost to each student.

Attendance and Engagement

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 programme, academic engagement equates to the following:

100% Attendance at all module events. For the purposes of this programme, 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 programme progression.

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.

Programme structures and requirements, SCQF level, term, module name and code, credits and awards (Chapter 1, Regulatory Framework)

Learning Outcomes

SCQF LEVEL 7 Learning Outcomes	
Knowledge and Understanding	
A1	Demonstrate knowledge of physiology and anatomy in relation to the human body.
A2	Work with knowledge of the fundamentals of coaching practice and human movement.
A3	Demonstrate knowledge of fundamentals of psychology and social structures contextualised to sport, exercise and health.
A4	
A5	
Practice - Applied Knowledge and Understanding	
B1	Demonstrate competence in utilising an individual/client-centred approach to supporting sport, physical activity, health and exercise.
B2	Exhibit the capacity to record data accurately and demonstrate the ability to perform basic data analysis.
B3	Apply basic discipline-specific knowledge in a practical/work-related context.
B4	Display competency in core academic skills.
B5	
Communication, ICT and Numeracy Skills	
C1	Collect, interpret and communicate verbally and in written form information using a standard range of applications and procedures such as Word, Excel, PowerPoint and Video recording.
C2	Carry out basic manipulation of data including some statistical analysis.
C3	
C4	
C5	
Generic Cognitive Skills - Problem Solving, Analysis, Evaluation	
D1	Undertake an objective approach to problem identification and solution, using evidence-based approaches and own initiative.
D2	Read and evaluate information from appropriate academic resources in order to support arguments.
D3	
D4	
D5	
Autonomy, Accountability and Working with Others	
E1	Accept responsibility for planning the achievement of identified goals both on their own and as part of a group.

E2	Prioritise, manage time and work to deadlines.
E3	Exercise initiative in undertaking laboratory reports and other written material.
E4	
E5	

Level 7 Modules

CORE

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
7	SPOR07023	Foundations of Sport & Exercise	40	☒	☐	☐	
7	APPD07001	Aspire: Foundations for Success	20	☒	☐	☐	
7	SPOR07022	Physical Activity, Health, and Fitness	30	☐	☒	☐	
7	SPOR07020	Coaching: Theory & Practice 1	30	☐	☒	☐	
				☐	☐	☐	
				☐	☐	☐	
Footnotes for Core Modules							

Level 7 Modules

OPTION

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
Footnotes for Option Modules							

Level 7
Criteria for Progression and Award
Please refer to UWS Regulatory Framework for related regulations

Students who have accrued a minimum of 120 credit points at SCQF Level 7 or above from the modules within this programme, including all core modules, may choose to exit with an award of CertHE Sport Science.

This is in accordance with UWS Regulatory Framework.

Distinction shall be awarded in line with the UWS Regulatory Framework.

SCQF LEVEL 8 Learning Outcomes	
Knowledge and Understanding	
A1	Demonstrate knowledge of the major systems of human structure and function and how they are affected by exercise.
A2	Demonstrate awareness and understanding of human movement and factors affecting motor learning.
A3	Appreciate the psychosocial influences on sport and exercise participation.
A4	
A5	
Practice - Applied Knowledge and Understanding	
B1	Use subject-specific skills and practices to develop training plans in sport and exercise.
B2	Undertake the collection and interpretation of routine data in the field of Sport and Exercise Science.
B3	
B4	
B5	
Communication, ICT and Numeracy Skills	
C1	Use a range of skills in relation to the collation, interpretation, and communication of information to convey complex information using a standard range of applications and procedures (e.g. Word, Excel, PowerPoint, Video recording and analysis, Technique Analysis Applications).
C2	Record data accurately and carry out standard manipulation and analyses of data.
C3	
C4	
C5	
Generic Cognitive Skills - Problem Solving, Analysis, Evaluation	
D1	Use a range of approaches to formulate and critically evaluate evidence-based solutions/responses to defined and/or routine problems and issues.
D2	Undertake critical analysis, evaluation and/or synthesis of ideas, concepts, information and issues that are within Sport and Exercise Science.
D3	
D4	
D5	
Autonomy, Accountability and Working with Others	
E1	Exercise autonomy for identifying own learning needs.
E2	Take responsibility for planning the achievement of identified goals either on their own or as part of a group.
E3	Prioritise, manage time and work to deadlines.
E4	
E5	

Level 8 Modules

CORE

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
8	SPOR08039	Principles of Exercise Physiology	30	☒	☐	☐	
8	SPOR08040	Principles of Human Movement	30	☒	☐	☐	
8	SPOR08042	Sport and Exercise Experience	20	☒	☒	☐	
8	SPOR08038	Personal Training	20	☐	☒	☐	
8	SPOR08041	Psychosocial Aspects of Sport and Exercise	20	☐	☒	☐	
				☐	☐	☐	
Footnotes for Core Modules							

Level 8 Modules

OPTION

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
Footnotes for Option Modules							

Level 8
Criteria for Progression and Award
Please refer to UWS Regulatory Framework for related regulations

Progression to SCQF Level 9 is available to students who fulfil the university progression requirements as detailed in line with the Regulatory Framework.

Students who have accrued 240 credit points of which a minimum of 90 are at SCQF Level 8 or above, including all core modules, may choose to exit with an award Diploma in Higher Education (DipHE) in Sport & Exercise Science

This is in accordance with UWS Regulatory Framework.

Distinction shall be awarded in line with the UWS Regulatory Framework.

SCQF LEVEL 9 Learning Outcomes (Maximum of 5 per heading)	
Knowledge and Understanding	
A1	Demonstrate a critical understanding of the advantages and limitations of a variety of measurement methods in sport, exercise and/or physical activity.
A2	Evaluate psychological variables which affects human behaviour in sport.
A3	Discuss how multiple physiological systems adapt to exercise.
A4	
A5	
Practice - Applied Knowledge and Understanding	
B1	Presentation of a comprehensive work and evidence-based portfolio based on industry required attributes.
B2	Design safe and effective interventions to appropriate groups.
B3	Design and plan a context-specific research project.
B4	
B5	
Communication, ICT and Numeracy Skills	
C1	Further develop skills in relation to collation of information, interpretation and communication verbally and in written form, of complex information using a range of applications and procedures (eg. Word, Excel, PowerPoint, Video recording and analysis, Technique Analysis Applications).
C2	Demonstrate advanced skills in data analyses related to a specific research methodology including the use of statistical analysis software.
C3	
C4	
C5	
Generic Cognitive Skills - Problem Solving, Analysis, Evaluation	
D1	Take an objective, mono and multidisciplinary and critical approach to problem identification and solution, using evidence-based approaches and own initiative.
D2	Further develop problem solving skills through research study design.
D3	
D4	
D5	
Autonomy, Accountability and Working with Others	
E1	Critically evaluate, identify and develop own learning needs through independent, group and guided goal setting.
E2	Take responsibility for planning the achievement of identified goals either on their own or as part of a group.
E3	Manage workload through advanced planning and deadline setting especially with larger pieces of work.
E4	
E5	

Level 9 Modules

CORE

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
9	SPOR09058	The Psychology of Sport	20	☒	☐	☐	
9	SPOR09056	Sport Research and Evaluation	20	☒	☒	☐	
9	SPOR09049	Being a Sport Professional	20	☒	☒	☐	
9	SPOR09057	Sports Conditioning and Biomechanics	20	☐	☒	☐	
9	SPOR09024	Physiological Adaptations to Exercise	20	☐	☒	☐	
				☐	☐	☐	
Footnotes for Core Modules							

Level 9 Modules

OPTION

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
9	SPOR09026	Measurement in Sport and Exercise Science	20	☒	☐	☐	
9	SPOR09053	Physical Activity and Health	20	☒	☐	☐	
8	LLNG08002	Next Steps at University	20	☒	☒	☒	*
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
Footnotes for Option Modules OR - Any other suitable module from the University catalogue subject to timetabling restrictions, pre-requisite requirements and in agreement with the programme leader. Not all optional modules listed may run in any given academic year. *Next Steps at University is an additional optional credit for Direct Entry students.							

Level 9
Criteria for Progression and Award
Please refer to UWS Regulatory Framework for related regulations

Progression to SCQF Level 10 is available to students who fulfil the university progression requirements as detailed in line with the Regulatory Framework.

Students who have accrued 360 credit points of which a minimum of 90 are at SCQF Level 9 or above, including all core modules, may choose to exit with an award BSc Sport & Exercise Science.

SCQF LEVEL 10 Learning Outcomes (Maximum of 5 per heading)	
Knowledge and Understanding	
A1	Demonstrate critical evaluation of the effects of a range of factors on sport and performance and/or physical activity.
A2	Relate concepts of sport and exercise science to complex issues and problems.
A3	
A4	
A5	
Practice - Applied Knowledge and Understanding	
B1	Collect, analyse and interpret data from an independent and context-specific research project or internship.
B2	Synthesise and report data in a suitable format for a specific audience.
B3	Present data from an independent research study to an academic audience.
B4	
B5	
Communication, ICT and Numeracy Skills	
C1	Utilise Skills in and applied context in relation to collation of information, interpretation and communication verbally and in written form, of complex information using a standard range of applications and procedures (eg. Word, Excel, PowerPoint, Video recording and analysis, Technique Analysis Applications).
C2	Design and produce a visual media suitable for an academic audience.
C3	
C4	
C5	
Generic Cognitive Skills - Problem Solving, Analysis, Evaluation	
D1	Take an objective and critical approach to problem identification and solution, using evidence- based approaches and own initiative.
D2	Critically analyse problems through reference to appropriate sources of information in order to identify detailed mono, multi and interdisciplinary aspects of the conditions of the problem and to develop appropriate solutions.
D3	
D4	
D5	
Autonomy, Accountability and Working with Others	
E1	Take responsibility for planning the achievement of identified goals both on their own and as part of a group.
E2	Prioritise, manage time and work to both externally set and self-imposed deadlines.
E3	Take responsibility for, and identify own learning needs, develop and apply strategies for further self-development within and out with the programme.
E4	
E5	

Level 10 Modules

CORE

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
10	SPOR10053	Sport & Exercise Dissertation	40	☒	☒	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
Footnotes for Core Modules							

Level 10 Modules

OPTION

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
10	SPOR10058	The Female Athlete	10	☒	☐	☐	3
10	SPOR10057	Talent Development in Sport	10	☒	☐	☐	3
10	SPOR10056	Strength and Conditioning	20	☒	☐	☐	3
101	SPOR10051	Mental Health, Sport and Physical Activity	10	☒	☐	☐	1
10	SPOR10032	Interventions in Sport and Physical Activity	20	☒	☐	☐	1
10	SPOR10048	Group Dynamics in Sport	10	☒	☐	☐	3
10	SPOR10046	Exercise in Extreme Environments	10	☐	☒	☐	3
10	SPOR10043	Clinical Exercise Physiology	10	☒	☐	☐	1
10	SPOR10060	Applied Sport Field Trip	10	☒	☒	☐	3*
10	SPOR10040	Adapted & Inclusive Sport & Physical Activity	20	☐	☒	☐	2
10	SPOR10042	Applied Sport Biomechanics	20	☒	☐	☐	3
10	SPOR10019	Applied Sport Psychology	20	☐	☒	☐	2
10	SPOR10047	Exercise Referral in Special Populations	20	☐	☒	☐	1
10	SPOR10049	Injury Prevention and Reconditioning	20	☐	☒	☐	3
10	SPOR10052	Paediatric Sport Science	10	☒	☐	☐	3
10	SPOR10055	Sport Nutrition and Ergogenic Aids	10	☐	☒	☐	3

9	SPOR09048	Sport Performance Analysis.	20	☐	☒	☐	3

Footnotes for Option Modules

OR - Any other suitable module from the University catalogue subject to timetabling restrictions, pre-requisite requirements and in agreement with the programme leader.

1 - Core for Physical Activity & Health pathway, and optional for no pathway.

2 - Optional for both the Physical Activity & Health pathway and for no pathway.

3 - Optional for no pathway only.

Not all optional modules listed may run in any given academic year.

*Any costs associated with the SPOR10060 Applied Sport Field Trip module must be met by students. Completion of this module is optional, and students are advised to consider the costing prior to selection of module. Any queries pertaining to the costing should be directed to the module coordinator in advance of selecting the module.

Level 10
Criteria for Award
Please refer to UWS Regulatory Framework for related regulations

Individuals who successfully complete and pass 480 credits (with a minimum of 90 credits at SCQF Level 10), including the core module, will be eligible to receive the award of BSc (Honours) Sport & Exercise Science, with the pathway award of BSc (Honours) Sport & Exercise Science (Physical Activity & Health) for eligible students who chose the pathway at the start of LIO and who successfully completed and passed the required modules, please see the options table above.

This is in accordance with UWS Regulatory Framework.

The Classification of Honours shall be awarded in line with the UWS Regulatory Framework.

Regulations of Assessment

Candidates will be bound by the general assessment regulations of the University as specified in the University Regulatory Framework.

An overview of the assessment details is provided in the Student Handbook and the assessment criteria for each module is provided in the module descriptor which forms part of the module pack issued to students. For further details on assessment please refer to Chapter 3 of the Regulatory Framework.

To qualify for an award of the University, students must complete all the programme requirements and must meet the credit minima detailed in Chapter 1 of the Regulatory Framework.

Combined Studies

There may be instances where a student has been unsuccessful in meeting the award criteria for the named award and for other more generic named awards existing within the School. Provided that they have met the credit requirements in line with the SCQF credit minima (please see Regulation 1.21), they will be eligible for a Combined Studies award (please see Regulation 1.61).

For students studying BA, BAcc, or BD awards the award will be BA Combined Studies.

For students studying BEng or BSc awards, the award will be BSc Combined Studies.

Version no: 1

Change/Version Control

What	When	Who
Option footnote updated Removed reference to Asynchronous/ Hybrid delvery Amendment to L7 T1 Change of term for 3 option modules	02/04/26	Samantha Robinson