

Programme Regulations: 2025/26

Programme Title:

BSc (Hons) Sport and Exercise Science

C600

BSc (Hons) Sport and Exercise Science with Placement Year

1306U

Notes

- (i) *These programme regulations should be read in conjunction with the University's Taught Programme Regulations.*
- (ii) *All optional modules are offered subject to the constraints of the timetable and to any restrictions on the number of students who may be taught on a particular module. Not all modules may be offered in all years and they are listed subject to availability.*
- (iii) *Unless otherwise stated under 'Type', modules are not core.*
- (iv) *A compulsory module is a module which a student is required to study.*
- (v) *A core module is a module which a student must pass, and in which a fail mark may neither be carried nor compensated; such modules are designated by the board of studies as essential for progression to a further stage of the programme or for study in a further module.*
- (vi) *All modules are delivered in Linear mode unless stated otherwise as Block, eLearning or distance learning.*

1. Stage 1

- (a) All candidates shall take the following compulsory modules:

| <i>Code</i> | <i>Descriptive title</i> | <i>Total Credits</i> | <i>Credits Sem 1</i> | <i>Credits Sem 2</i> | <i>Level</i> | <i>Type</i> | <i>Mode</i> |
|-------------|---|----------------------|----------------------|----------------------|--------------|-------------|-------------|
| SES1004 | Anatomy | 20 | | 20 | 4 | Core | |
| SES1005 | Introduction to Sport and Exercise Psychology | 20 | 20 | | 4 | Core | |
| SES1000 | Human Physiology and Practical Skills | 20 | 20 | | 4 | Core | |
| SES1001 | Physical Activity, Nutrition and Health | 20 | 20 | | 4 | Core | |
| SES1002 | Bioenergetics | 20 | | 20 | 4 | Core | |
| SES1003 | Introduction to Biomechanics | 20 | | 20 | 4 | Core | |

- (b) In order to pass Stage One modules, candidates must submit all module assessment components and obtain an overall mark of 40 or above. Candidates who do not submit all module assessments may be subject to the University Taught Programme Regulation F25 c) and d) - Failure to make satisfactory progress).

2. Stage 2

- (a) All candidates shall take the following compulsory modules:

| <i>Code</i> | <i>Descriptive title</i> | <i>Total Credits</i> | <i>Credits Sem 1</i> | <i>Credits Sem 2</i> | <i>Level</i> | <i>Type</i> | <i>Mode</i> |
|-------------|--------------------------|----------------------|----------------------|----------------------|--------------|-------------|-------------|
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| | | | | | | | |
|---------|---|----|----|----|---|--|--|
| SES2000 | Principles of strength and conditioning | 20 | 20 | | 5 | | |
| SES2001 | Applied Sport and Exercise Psychology | 20 | | 20 | 5 | | |
| SES2002 | Applied Sport and Exercise Nutrition | 20 | 10 | 10 | 5 | | |
| SES2003 | Research Methods for Sport and Exercise Science | 20 | 10 | 10 | 5 | | |
| SES2004 | Exercise Physiology | 20 | | 20 | 5 | | |
| SES2005 | Applied Biomechanics | 20 | 20 | | 5 | | |

2.1 Optional Placement Year

- (a) On completion of Stage 2 and before entering Stage 3, candidates may have the opportunity to undertake a Careers Placement with an approved organisation or undertake a Study Abroad Placement with one of the School's exchange partner universities. Permission to undertake any of these placements is subject to approval by the Degree Programme Director. Candidates who are required to re-sit their Stage 2 assessment must delay the start of their placement until they have done so. Candidates who fail Stage 2 may not complete a placement year. On successful completion of the placement year, candidates will return to complete the relevant stage 3 modules as the final year of their degree. Candidates who fail the placement will return to complete Stage 3 on the original degree code.
- (b) Candidates completing a programme with Placement Year shall choose one of the following modules:

| <i>(c) Code</i> | <i>Descriptive title</i> | <i>Total Credits</i> | <i>Credits Sem 1</i> | <i>Credits Sem 2</i> | <i>Credits Sem 3</i> | <i>Level</i> | <i>Type</i> | <i>Mode</i> |
|-----------------|--|----------------------|----------------------|----------------------|----------------------|--------------|-------------|-------------|
| NCL3000 | Careers Service Placement Year Module | 120 | 60 | 60 | | 6 | | |
| SES3005 | Sports and Exercise Science Study Abroad Placement | 120 | 60 | 60 | | 6 | | |

- (c) Candidates studying SES3005 will study modules to the equivalent of 120 credits at the partner institution. In order to pass SES3005 candidates must pass 90 credits at first attempt. No resit can be offered for the modules taken at the host institution, therefore if more than 30 credits are failed this will constitute a fail for the entire module. Candidates are also required to pass both components of the module assessment (Professional Skills Assessment and Reflective Log). The Professional Skills assessment requires students to successfully engage with the International Office's preparatory activities and there is no resit opportunity for this. Normal resit opportunities apply to the Reflective Log.

3. Stage 3

- (a) All candidates shall take the following compulsory modules:

| <i>Code</i> | <i>Descriptive title</i> | <i>Total Credits</i> | <i>Credits Sem 1</i> | <i>Credits Sem 2</i> | <i>Level</i> | <i>Type</i> | <i>Mode</i> |
|-------------|---|----------------------|----------------------|----------------------|--------------|-------------|-------------|
| SES3004 | Lifestyle and Disease | 20 | 20 | | 6 | | |
| SES3000 | Sport and Exercise Science Research Project | 40 | 20 | 20 | 6 | | |

| | | | | | | | |
|---------|---|----|----|----|---|--|--|
| SES3001 | Sport and Exercise Medicine | 20 | 20 | | 6 | | |
| SES3002 | Factors Affecting Elite Performance | 20 | | 20 | 6 | | |
| SES3006 | Career Development for the Sport and Exercise Scientist | 20 | 10 | 10 | 6 | | |

4. Assessment methods

Details of the assessment pattern for each module are explained in the module outline.

5. Degree classification

- (a) Candidates will be assessed for degree classification on the basis of all the modules taken at Stages 2 and with the weighting of the stages being 1:2 for Stage 2 and Stage 3 respectively.
- (b) Exit velocity will not be used: the stages are already weighted (1:2).
- (c) Performance in individual modules will not be used for promotion.
- (d) The Placement Year does not contribute to the degree classification. However, candidates studying on the Placement programme must pass the placement year to graduate with this award.
- (e) A BSc candidate will be promoted if their final weighted average lies within 1% of the borderline (after rounding) **AND** 50% or more of the module credits are in the higher degree class(es) at **both** Stage 2 and Stage 3, with no more than 40 module credits in classes two or more below the proposed final class.
- (f) In accordance with university regulations, a BSc candidate with a weighted average up to 2% below a classification borderline will be **considered** (with any special circumstances being noted) by the Board for promotion to the higher degree classification by use of discretion. Note however that a requirement to *consider* using discretion is not a requirement to use discretion.

6. Exemptions to the University's Taught Programme Regulations

The **BSc (Hons) Sport and Exercise Science with Placement Year** has a University exemption from the University's Taught Programme Regulations in relation to the offer of a resit for SES3005 see Section 2.1 (c). In the event of any inconsistency between the programme and University regulations in relation to the above section, the programme regulations take precedence over the University regulations.