

PROGRAMME SPECIFICATION

1	Awarding Institution	Newcastle University
2	Teaching Institution	Newcastle University
3	Final Award	BSc Hons
4	Programme Title	Sport and Exercise Science or Sport and Exercise Science with Placement Year
5	UCAS/Programme Code	C600 / 1306U
6	Programme Accreditation	
7	QAA Subject Benchmark(s)	Hospitality, Leisure Sport and Tourism
8	FHEQ Level	6
9	Last updated	May 2026

10 Programme Aims

1. To provide a multi-disciplinary, scientific degree in Sport and Exercise Science which integrates theoretical and practical knowledge relevant to employment opportunities.
2. To provide knowledge and understanding of the theoretical scientific basis of the major disciplines of Sport and Exercise Science including physical activity and health.
3. To provide knowledge and competence in the practical skills and methods needed to carry out research and applied practice in Sport and Exercise Science.
4. To equip students for postgraduate study and/or research in the field of Sport and Exercise Science.
5. To develop students' intellectual and transferable skills relevant to work in a wide variety of careers.

In addition, the optional placement year will;

- Provide students with the experience of seeking and securing a position with an employer.
- Facilitate independent self-management and proactive interaction in a non-university setting.
- Provide a period of practical work experience that will benefit current academic study and longer term career plans.
- Enable students to ethically apply their knowledge and skills in the work place, reflect upon their development and effectively evidence and articulate their learning and relevant future settings.

Aims in relation to the needs of stakeholders:

The programme aims to ensure that our graduates are equipped with a current understanding and knowledge of their subject area and those specific practical skills that meet the needs of the employers of sport and exercise scientists. The emphasis on the development of both intellectual and transferable skills ensures that our graduates are also well equipped for the broader non-specialist graduate job market. The inclusion of vocationally related components and emphasis on career development throughout the programme enhances the employability of our students. Successful completion of the year-

long placement and the further enhanced employability this brings is immediately recognisable in the name in the degree.

11 Learning Outcomes

The programme provides opportunities for students to develop and demonstrate knowledge and understanding, qualities, skills and other attributes in the following areas. The programme outcomes have references to the benchmark statements for Hospitality, Leisure Sport and Tourism.

Knowledge and Understanding

On completing the programme students will be able to demonstrate knowledge and understanding of:

- A1 The basic processes and theories that underpin the main disciplines within Sport and Exercise Science.
- A2 The core areas of Sport and Exercise Science i.e. exercise physiology, biomechanics, sport and exercise psychology, sport and exercise nutrition, bioenergetics and strength and conditioning.
- A3 The research methods appropriate to the study of Sport and Exercise Science. This will include research design, acquiring, interpreting and analysing information and issues concerning research ethics.
- A4 The multidisciplinary nature of applied Sport and Exercise Science and the moral, ethical and environmental issues that underpin best practice.

For those students who successfully complete the Placement Year (NCL3000/SES3005) they will also be able to;

- A5. Apply personal and professional development strategies to prioritise, plan, and manage their own skills, development and learning.
- A6. Research, select and apply relevant knowledge aimed at enhancing their own skills and effectiveness in specific duties at their placement.
- A7. Demonstrate an understanding of a work environment, how it functions and their contribution to it.
- A8. Relate their work based learning to other areas of personal development, including academic performance.

Teaching and Learning Methods

The programme is delivered through a mixture of formal contact time, directed study and private study. Students are encouraged to develop their learning skills and become progressively more independent in their learning. Core knowledge and understanding is acquired through lectures, seminars, tutorials, laboratory practicals, field-based practical work and small group work. Students are encouraged to supplement taught material with independent reading and reading lists are provided to guide them in this.

A5-A8 are learning outcomes that are met by successfully completing the placement year (NCL3000/SES3005).

Assessment Strategy

A range of assessment methods are used throughout the programme including formal unseen written examinations (essays, MCQs and short answers), laboratory reports, written coursework, oral presentations, practical skills evaluations and research projects. Some modules include work that is both formatively and summatively assessed. Feedback on both form and content informs and encourages students' progress and self-monitoring

Intellectual Skills
<p>On completing the programme students will be able to:</p> <p>B1 Gather information from a variety of sources.</p> <p>B2 Understand, assess and apply theories and concepts relevant to sport and exercise science.</p> <p>B3 Formulate and test hypotheses.</p> <p>B4 Critically evaluate arguments, evidence and data from a variety of sources and discern and establish connections.</p> <p>B5 Monitor, analyse and prescribe actions to enhance exercise and sport performance outcomes in the different disciplines of sport and exercise science.</p> <p>For those students who have successfully completed a professional placement year they will also have:</p> <p>B6. An ability to solve problems in the work environment.</p>
Teaching and Learning Methods
<p>Intellectual skills are promoted initially through lectures where theories, concepts and evidence are introduced. Following this, intellectual skills are developed and promoted further through group learning activities such as seminars, tutorials and practical classes. Practical and project work is designed to permit students to demonstrate achievement of all the learning outcomes in this section. Students will be encouraged to reflect on their skills development by the use of a reflective log completed for the placement modules.</p> <p>B6 is supported by the Placement Supervisor and monitored by the Academic Placement Officer during the Professional Placement.</p>
Assessment Strategy
<p>Intellectual skills (B1-B5) are assessed by essays, unseen examinations, laboratory reports and oral presentations and also by the research project in Stage 3.</p> <p>B6 is assessed by means of a report and oral presentation on the professional placement year alongside a supervisor's report.</p>
Practical Skills
<p>On completing the programme students will be able to:</p> <p>C1 Plan, design, and execute practical activities using appropriate techniques and procedures.</p> <p>C2 Collect, analyse, interpret and communicate data using appropriate techniques.</p> <p>C3 Demonstrate numerical and graphical data presentation skills.</p> <p>C4 Undertake laboratory or field-based work with regard for safety, ethical issues and risk assessment.</p> <p>For those students who have successfully completed a placement year they will also have:</p> <p>C5. Further practised and enhanced some or all of the above skills during a 1-year placement.</p>
Teaching and Learning Methods
<p>These skills (C1-C4) are taught and developed throughout the programme. Laboratory training starts in Stage 1 with a focus on the acquisition and application of basic practical skills. In Stage 2 further applied skills are developed as well as data analysis, interpretation</p>

and report writing. Practicals are used to develop research skills and prepare students for their research project in Stage 3.

Specialist applied practitioners will be utilised to teach practical skills in specialist areas including Strength and Conditioning and Sports Medicine.

The placement year will provide a range of opportunities to attain a higher level of competence and develop a wider range of practical skills (C5).

Assessment Strategy

Practical skills are assessed through a range of methods including demonstration of practical skills, laboratory reports, reflection and project reports.

Transferable/Key Skills

On completing the programme students will be able to:

D1 Communicate effectively both in writing and orally to specialist and non-specialist audiences.

D2 Use library and other information sources effectively.

D3 Work both independently and as part of a team, exercising initiative and personal responsibility.

D4 Effectively manage their time and work to deadlines.

D5 Use problem-solving skills.

D6 Take responsibility for their own learning, intellectual and transferable skills development.

D7 Use computing and IT resources.

For those students who have successfully completed the Placement Year (NCL3000/SES3005) they will also be able to;

D8. Reflect on and manage own learning and development within the workplace.

D9. Use existing and new knowledge to enhance personal performance in a workplace environment, evaluate the impact and communicate this process.

D10. Use graduate skills in a professional manner in a workplace environment, evaluate the impact and communicate the personal development that has taken place.

Teaching and Learning Methods

Communication skills (D1) are acquired and developed through tutorials, seminars, small group work and presentations, essays, and practical and project report writing. For some students, skills will be developed further through the placement modules. The use of library and information searching skills (D2) are developed through coursework, practical and project work. Students will be encouraged to work independently and as part of a team (D3) in laboratory practicals, group presentations and project work. The multidisciplinary nature of Sport and Exercise Science and the necessity to work as part of a team is a strong focus of the Stage 3 modules. Time management skills (D4) are encouraged throughout the programme by the requirement to meet regular coursework and other deadlines. Students are encouraged to use problem-solving skills (D5) in practicals and in the development and analysis of case studies. Students will be expected to take responsibility for their own learning (D6) through attendance at taught sessions and through undertaking reading and further study outside of timetabled sessions. Computing and IT skills (D7) are introduced in Stage 1 and developed and reinforced in many elements at each stage of the programme.

The professional placement year is an ideal vehicle to explore their career goals. Students will reflect on (and discuss with the Placement Supervisor and Academic Placement Officer) their professional placement year with respect to the skills they have developed and the implications for their career-planning and personal development.

Assessment Strategy

Transferable skills are assessed throughout the programme using various assessments.

12 Programme Curriculum, Structure and Features

Basic structure of the programme

BSc(Hons) Sport and Exercise Science

Duration of course: 3 years full time based on 30 weeks attendance per annum.

Number of stages: 3

Total credits: 360

Module credits: range from 10 to 40 with each 10 credits representing 100 hours of student learning time

Requirements for progression: passing all core modules and gaining appropriate overall number of credits.

BSc(Hons) Sport and Exercise Science with Placement Year

Duration of course: 4 years full time based on 30 weeks attendance per annum in years 1, 2 and 4 and with the third year on placement (minimum 34 weeks)

Number of stages: 3

Total credits: 480 for programme with placement year

Module credits: range from 10 to 120 with each 10 credits representing 100 hours of student learning time

Requirements for progression: passing all core modules and gaining appropriate overall number of credits.

In Stages 1, 2 and 3, all modules are compulsory.

In year 3 students have the opportunity to undertake a placement year between Stages 2 and 3, providing experience of employment and affording the opportunity to acquire additional knowledge and skills in the workplace.

Key features of the programme (including what makes the programme distinctive)

A distinctive feature of the programme is that it is delivered by the Newcastle University medical sciences faculty, and draws upon a wide range of expertise relating to aspects such as sports medicine and exercise in relation to health and disease. Students are exposed throughout the programme to researchers active in related fields and to practitioners working in a range of roles relating to sport and exercise. There is a strong emphasis on employability of graduates and helping students develop the 'real life' skills they will need when they graduate.

Stage 1 provides students with the foundation knowledge and skills in the key discipline areas of sport and exercise science including anatomy and physiology, biomechanics, psychology and nutrition and bioenergetics. Students will begin to learn key practical laboratory skills from the very start of the programme and will also develop skills in several other areas including IT, oral and written communication skills, information gathering and data collection and processing. A range of assessment strategies will be used in Stage 1 to familiarise students with different types of assessment and to appropriately assess key skills and foundation knowledge.

Stage 2 builds on the knowledge and skills obtained in Stage 1. The focus of Stage 2 is the application of sport and exercise science to human performance and exercise behaviours. A number of guest lectures will be included in Stage 2 from applied practitioners working in different disciplines within Sport and Exercise Science as well as academics from other institutions and representatives from industry partners. The practical aspects of the Strength and Conditioning Module will be taught by a qualified UKSCA Strength and

Conditioning Coach. A dedicated Research Methods module is also included in Stage 2 to further develop skills around gathering information, research design, data collection and analysis. The statistics aspect of this module will be co-taught with lecturers from the School of Maths and Statistics at Newcastle University.

Between years 2 and 3 students are encouraged to undertake a placement year to enhance their future employability by applying and further developing their knowledge and skills.

Stage 3 further develops knowledge and skills learnt in Stage 1 and 2 through a multidisciplinary approach to sport and exercise science including a research project. Students will study contemporary issues in both health and exercise science and elite performance as well as carry out a research project. Practitioners working within elite sport will assist in the delivery of stage 3 modules which will give students a unique opportunity to gain insight into elite sport and also develop career opportunities. Modules will also draw on medical expertise from within the Faculty of Medical Sciences and also Sports Medicine Clinicians working in sports clubs in the region.

The 40 credit project provides students with the opportunity to undertake a piece of research in an area that is part of the current research programme of a member of staff. This enables students to apply and develop the various skills of research design, data collection and statistical analysis acquired over the previous two years.

In Stage 3, students will also undertake 20 credits with a specific focus on employability and career development. The module will challenge students to engage with external clients and organisations to develop their communication, networking and self-reflection skills in a professional context. They will also research and propose solutions to real-world challenges faced by external clients and organisations.

Programme regulations (link to on-line version)

[-RC600, 1306U 2627 vFinal.pdf](#)

13 Support for Student Learning

Generic information regarding University provision is available at the following link.

[General Information](#)

14 Methods for evaluating and improving the quality and standards of teaching and learning

Generic information regarding University provision is available at the following link.

[General Information](#)

15 Regulation of assessment

Generic information regarding University provision is available at the following link.

[General Information](#)

In addition, information relating to the programme is provided in:

The University Prospectus: : <http://www.ncl.ac.uk/undergraduate/degrees/#subject>

Degree Programme and University Regulations: [University Regulations](#)

Please note. This specification provides a concise summary of the main features of the programme and of the learning outcomes that a typical student might reasonably be expected to achieve if she/he takes full advantage of the learning opportunities provided. The accuracy of the information contained is reviewed by the University and may be checked by the Quality Assurance Agency for Higher Education.

Mapping of Intended Learning Outcomes onto Curriculum/Modules

Module	Type	Intended Learning Outcomes			
		A	B	C	D
SES1004	Core	1	1	1,4	1,2,3,4,6,7
SES1005	Core	1, 2, 3	1, 2, 5	1	1,2,3,4,6,7
SES1000	Core	1,2,3	1,2,3,5,	1,2,3,4	1,2,3,4,5,6,7
SES1001	Core	1,2,3	1,2,5	1,2,3,4	1,2,3,4,5,6,7
SES1002	Core	1,2	1,2	3	1,2,3,4,6,7
SES1003	Core	1,2,3	1,2,3,5	1,2,3,4	1,2,3,4,5,6,7
SES2000	Compulsory	1,2,4	1,2,4,5	1,2,3,4	1,2,3,4,5,6,7
SES2001	Compulsory	1,2,3	1,2,3,4,5	1,2,3	1,2,3,4,5,6,7
SES2002	Compulsory	1,2,3,4	1,2,4,5	1,2,3	1,2,3,4,5,6,7
SES2003	Compulsory	1,3	1,2,3,4	1,2,3	1,2,3,4,5,6,7
SES2004	Compulsory	1,2,3	1,2,4,5	1,2,3,4	1,2,3,4,5,6,7
SES2005	Compulsory	1,2,3	1,2,3,4,5	1,2,3,4	1,2,3,4,5,6,7
NCL3000	Optional	5,6,7,8	6	5	8,9,10
SES3005	Optional	5,6,7,8	6	5	8,9,10
SES3000	Compulsory	1,2,3,4	1,2,3,4,5	1,2,3,4	1,2,3,4,5,6,7
SES3001	Compulsory	1,2,4	1,2,4,5	1,2,3	1,2,3,4,5,6,7
SES3002	Compulsory	1,2,4	1,2,4,5	1,2,3	1,2,3,4,5,6,7
SES3004	Compulsory	1,2,4	1,2,4,5	1,3	1,2,3,4,5,6,7
SES3006	Compulsory	4	1,4	1,2	1,2,3,4,5,6,7