COURSE SPECIFICATION

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| Course Aim and Title | MSc Applied Sport and Exercise Physiology |
| Intermediate Awards Available | Post Graduate Diploma  Post Graduate Certificate |
| Teaching Institution(s) | UEL |
| Alternative Teaching Institutions  (for local arrangements see final section of this specification) | N/A |
| UEL Academic School | Health, Sport and Bioscience |
| UCAS Code |  |
| Professional Body Accreditation | N/A |
| Relevant QAA Benchmark Statements | Events, Hospitality, Leisure, Sport & Tourism (Nov. 2019 – with specific reference to Sport) and Education Studies (Dec 2019). |
| Additional Versions of this Course | None |
| Date Specification Last Updated | 18.01.21 |

Course Aims and Learning Outcomes

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| This course is designed to give you the opportunity to:  • Study exercise physiology at post graduate level  • Develop advanced knowledge of the theoretical and practical aspects of applied sport and exercise physiology  • Gain subject specific work experience during a work based learning module  • Complete a major project within a specialist area  What you will learn:  Knowledge   * A comprehensive and systematic knowledge of theory within   applied sport and exercise physiology   * A critical awareness of current issues within applied sport and   exercise physiology   * Apply relevant theory to applied sport and exercise situations   Thinking skills   * Acquire data and review the data so as to draw meaningful   conclusions within applied sport and exercise physiology   * Interpret and apply knowledge to real life sporting situations * Apply effective problem solving and effective decision making to real   life research situations with full consideration given to the intricacies of the  context  Subject-Based Practical skills   * An awareness and understanding of ethical constraints of research   when working in applied sport and exercise settings   * A clear appreciation of how to apply theory within real life sporting   contexts   * Professionally investigate solutions to applied issues within sport and   exercise physiology  Skills for life and work (general skills)   * Communicate effectively in both oral and written forms * Critically reflect on ones own practice * Enhanced ability to work both independently and collaboratively * Work within a sporting employment environment |

Learning and Teaching

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| Knowledge is developed through   * Guided reading * Knowledge-based activities with feedback   Thinking skills are developed through   * Reflective activities with feedback * In class role plays with feedback   Practical skills are developed through   * In class role plays with feedback * Research skills-based activities with feedback   Skills for life and work (general skills) are developed through   * Planning activities with feedback * Project work |

Assessment

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| Knowledge is assessed by   * Coursework * Essays * Examinations   Thinking skills are assessed by   * Coursework * Examinations * Project work * Presentations   Practical skills are assessed by   * Practical reports * Projects   Skills for life and work (general skills) are assessed by   * Project work * Group work * Group presentations   Students with disabilities and/or particular learning needs should discuss assessments with the Course Leader to ensure they are able to fully engage with all assessment within the course. |

Work or Study Placements

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| The course has a compulsory work based learning module and as such is highly relevant to the applied sport and exercise physiology industry. |

Course Structure

All courses are credit-rated to help you to understand the amount and level of study that is needed.

One credit is equal to 10 hours of directed study time (this includes everything you do e.g. lecture, seminar and private study).

Credits are assigned to one of 5 levels:

3 Equivalent in standard to GCE 'A' level and is intended to prepare students for year one of an undergraduate degree course.

4 Equivalent in standard to the first year of a full-time undergraduate degree course.

5 Equivalent in standard to the second year of a full-time undergraduate degree course.

6 Equivalent in standard to the third year of a full-time undergraduate degree course.

7 Equivalent in standard to a Masters degree.

Courses are made up of modules that are each credit weighted.

The module structure of this course:

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| **Level** | **Module**  **Code** | **Module Title** | **Credit Weighting** | **Core/Option** | **Available by Distance Learning? Y/N** |
| 7 | SE7XXX | The Theory of Applied Sport and Exercise Physiology | 30 | Core | N |
| 7 | SE7XXX | The Advanced Practice of Applied Sport and Exercise Physiology | 30 | Core | N |
| 7 | SE7018 | Sport and  Exercise  Work Based  Learning  (Mental  Wealth) | 30 | Core | N |
| 7 | SE7009 | Applying Research Skills | 30 | Core | N |
| 7 | SE7014 | Sport Research Project | 60 | Core | N |
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The overall credit-rating of this course is 180 credits. If for some reason you are unable to achieve this credit you may be entitled to an intermediate award, the level of the award will depend on the amount of credit you have accumulated. You can read the University Student Policies and Regulations on the UEL website.

*Requirements for gaining an award*

In order to gain a Postgraduate Certificate, you will need to obtain 60 credits at Level

7.

In order to gain a Postgraduate Diploma, you will need to obtain 120 credits at Level

7

In order to obtain a Masters, you will need to obtain 180 credits at Level 7. These credits will include a 60 credit level 7 core module of advanced independent

research.

*Masters Award Classification*

Where a student is eligible for an Masters award then the award classification is

determined by calculating the arithmetic mean of all marks and applying the mark

obtained as a percentage, with all decimals points rounded up to the nearest whole

number, to the following classification

70% -100% Distinction

60%- 69% Merit

50% - 59% Pass

0% - 49% Not passed

Course Specific Regulations

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| Students are required to have attempted the theory module before progressing to the applied module on each pathway. |

Typical Duration

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| The duration of this course is one calendar year full-time and two calendar years part-time.  The maximum time limit for completion of a course is 2 for full-time and 3 years for part-time, this is the maximum limit without extenuating circumstances being applied.  As the course is split into two strands (an evidence-based practitioner and a research strand), part-time students would be advised to complete the ‘theory’ and ‘advanced practice modules’ in the first year, along with the ‘work-based learning’ module. Leaving the ‘research skills’ and ‘sport project’ modules to complete in the final year. |

Further Information

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| More information about this course is available from:  • The UEL web site (www.uel.ac.uk)  • The course handbook  • Module study guides  • UEL Manual of General Regulations (available on the UEL website)  • UEL Quality Manual (available on the UEL website)  • School web pages  All UEL courses are subject to thorough course approval procedures before we allow them to commence. We also constantly monitor, review and enhance our courses by listening to student and employer views and the views of external examiners and advisors. |
| Additional costs:  Students will need to meet their own costs of travel, food and uniforms etc when on the work based learning module. |

Alternative Locations of Delivery

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