

# Exercise Science and Health

*This programme is no longer recruiting.*

<b>Final award</b>	MSc
<b>Intermediate awards available</b>	PgDip, PgCert
<b>UCAS code</b>	
<b>Details of professional body accreditation</b>	N/A
<b>Relevant QAA Benchmark statements</b>	N/A
<b>Date specification last up-dated</b>	July 2013

## Profile

### The summary - programme advertising leaflet

#### Programme content

The new programme is particularly timely given the increasing emphasis placed on the utilization of physical activity and sport as a means to improving health (e.g. obesity reduction and prevention). The MSc offers expert postgraduate training to meet the needs of professional exercise scientists and those who wish to achieve this level in their careers. The programme provides you with the opportunity to examine biological, psycho-social and socio-cultural variables with a view to develop in-depth knowledge and skills in a particular area of interest within the discipline.

#### MSc Exercise Science and Health at UEL:

This is one of six programmes on a modular MSc scheme: Education in Health & Social Care, Health Promotion (HP), Public Health (PH), Physiotherapy and a combination of HP with PH being the others (see separate Programme specs). For successful completion of the Masters programme, students will complete four taught modules comprising 2 core modules, 1 programme specific optional module and 1 other module (which can be either the second programme specific option or an elective module) and also a research dissertation within their chosen subject. The Foundations in Research module is core for all programmes and the second core module is programme specific. The core module for the MSc in Exercise Science and Health is Physical Activity and Exercise. Full details of the MSc Programmes are available on request.

#### Admission requirements

For entry to this programme, students are required to have qualifications equivalent to a honours degree from a UK university in a relevant subject or experience. For overseas students there is a requirement for an IELTS score of 6.5 or higher (or equivalent), TOEFL score of 650 or an equivalent. Applicants whose qualifications do not conform to these criteria may be admitted to the programme at the admission tutors discretion which will normally involve an interview.

## **Programme structure**

- One year full time or two years part time for MSc and PG Diploma.
- One year part time for PG Certificate.
- Part time students take one optional module in semester A and one in semester B. In year two they take one optional module in semester A and the research skill module in semester B. The project is carried out in year 2.
- Taught modules are delivered in a semesterised system, with semesters running from September to January and February to June. The research projects will run through the summer period

## **Learning environment**

- Learning is encouraged through participation in a wide variety of activities including lectures, seminars, workshops, laboratory-based practicals, web-based learning etc.
- In addition all students are expected to read extensively in their own time. Much of this reading will be directed.
- Success at university depends on developing your ability to study independently using library resources, Computer-assisted learning (CAL), handouts and web-based study activities.
- These skills are reinforced in modules in the first semester. These enable us to assess your independent learning needs at university, and also help to develop those transferable skills so important in working life. The skills with which you start the programme may vary considerably between individuals, so your personal tutor will direct your skills development work on an individual basis.

## **Assessment**

- Students are assessed in practical work and theory.
- In taught modules 40% of the module mark is derived from coursework during the semester (this can take a variety of forms including laboratory work, data analysis, essays, oral presentations etc.) and the remaining 60% from written theory examinations at the end of the semester.
- The Research Skills module is assessed by coursework involving a variety of forms of presentation.
- The Research Project is assessed mainly by the final written report, with contributions from a poster presentation and portfolio.
- The pass mark for all modules is 50%

## **Relevance to work/profession**

- The curriculum is tailored to current demand in the management of physical activity to improve health.
- Emphasis is placed on the development of skills as well as academic knowledge.
- Part-time students in relevant employment may be permitted to carry out research projects at their place of work.

## **Thesis/Dissertation/project work**

- Project work is an essential component of a Masters degree programme and one that most students enjoy. Small projects and group work exercises feature throughout the programme.
- The individual research project is the culmination of the programme makes up 33% of the programme.
- Project work encourages students to show initiative in their individual work under supervision, using appropriate analytical techniques to generate and interpret new data.
- Dissertation preparation develops literature researching, presentation and written communication skills essential in professional life.

### **Added value**

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### **Your future career**

Most graduates would be expected to pursue research careers in the Leisure and Industry, the National Health Service academic research in Universities, research institutes etc. This degree can also be utilised by those students who have less specific career aspirations but enjoy the challenge of scientific study at this advanced level.

### **How we support you**

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### **Bonus factors**

- A small and friendly campus.
- A School with staff and facilities to match to the wide interests and backgrounds of students.
- Good connections with NHS, local leisure industry including leading sports clubs.
- Sports facilities at the Atherton Centre, which is just a few minutes walk away.
- Multiplex cinema, theatre, supermarkets, high street shops, restaurants, cafes and pubs a few minutes walk away in Stratford - a major site of new development in East London.
- Central London only 20 minutes away by underground, and [extensive transport links](#) with all parts of London.

## **Outcomes**

### **Programme aims and learning outcomes**

#### **What is this programme designed to achieve?**

This programme is designed to give you the opportunity to:

On completion of these postgraduate qualifications, participants will be able to:

- Demonstrate an in-depth knowledge of specialised and applied areas of physical activity and health and have an appreciation of the current range of theoretical and research understanding in that area;
- Conceptualise practice issues from alternative theoretical perspectives and synthesise, develop and communicate creative solutions;
- Create, design and explore a research question in a relevant area of the physical activity and health domain, and evaluate this research with appropriate justification or create, design and explore a work based learning project to evaluate an issue in practice;
- Reflect critically on their own and others' learning and practice; disseminate to peers in a critical format, underlying evidence in specific areas of practice
- Demonstrate the skills relevant to independent, life-long learning.

## **What will you learn?**

### **Knowledge**

- A sound foundation and knowledge of both the practical and theoretical aspects of physical activity and health.
- Detailed knowledge of Exercise and physical activity.
- The principles of statistical assessment of clinical and research data.

### **Thinking skills**

- The ability to use integrated approaches to analyse and interpret complex and contradictory scientific information autonomously and to accurately assess and criticise your own and others' work.
- An awareness and understanding of the ethical constraints associated with the subject area and the ability to relate these to your own experience.
- The ability to contribute to the development of the subject through applied study or research.
- The ability to solve problems in science.

### **Subject-Based Practical skills**

- The ability to select and apply a range of practical skills relevant to exercise science and health.
- A higher level of competence in laboratory skills.
- An ability to isolate, assess and resolve problems independently and to react effectively to unusual and unexpected situations.
- An improved ability to engage in professional and academic communication with others in your specialist field.
- The ability to select and utilise appropriate computer software, and to understand its limitations in presenting scientific data.

### **Skills for life and work (general skills)**

- Increased ability to take responsibility for your own learning and the ability to work with and motivate others

- Ability to reflect critically on your own and others' performance resulting in the improvement of subsequent actions.
- Increased confidence in your own abilities.
- Improved skills in written and verbal communication of complex information.

## **Structure**

### **The programme structure**

#### **Introduction**

All programmes 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:

- 0 - equivalent in standard to GCE 'A' level and is intended to prepare students for year one of an undergraduate degree programme
- 1 - equivalent in standard to the first year of a full-time undergraduate degree programme
- 2 - equivalent in standard to the second year of a full-time undergraduate degree programme
- 3 - equivalent in standard to the third year of a full-time undergraduate degree programme
- M - equivalent in standard to a Masters degree

#### **Credit rating**

A total of 60 or 120 credits at level M are needed for the award of a Postgraduate Certificate or Diploma respectively. A total of 180 credits at level M are needed for the award of an MSc.

#### **Typical duration**

The typical duration of this programme is one year full-time or two years part-time. It is possible to move from full-time to part-time study and vice-versa to accommodate any external factors such as financial constraints or domestic commitments. Many of our students make use of this flexibility and this may impact on the overall duration of their study period.

#### **How the teaching year is divided**

The teaching year is divided into two semesters of roughly equal length. Teaching and assessment of taught modules is completed within each semester. The research project is completed in the summer period, between June and September. For part-time students, attendance is required on one full-day per week, for full-time students attendance is normally three days but this may be increased during the research project.

## What you will study when

The order in which modules are taken will vary for different groups of students. This is possible because the modules are all free standing, except that the research skills module should be taken before the start of the project.

Part-time MSc students study one optional module in semester A and a second optional module in Semester B of the first year. These are followed by the third optional module in semester A of year 2 and the research skills module in Semester B. We anticipate that most students taking the part time programme will be in related employment and will be able to devise projects which can be carried out at their place of work. Alternative arrangements will be made individually for students unable to do this, and the project would be taken in the summer period, normally of the second year.

Full time students complete the whole programme in a single calendar year. The project would be taken in the summer period. Students starting in semester B will take one optional module and the Research Skills module in semester B, followed by the project in the summer period. Two further optional modules would be taken in semester A of the following academic year.

Full-time Postgraduate Diploma students will take two optional modules semester A followed by one optional module and Research Skills in semester B. Students following this programme by part time study would normally take two optional modules in the first year of study, though this is not essential. Students can start this programme in full time or part time mode in either semester.

Postgraduate Certificate students take the programme by part time day release, taking only two modules. These two modules can be taken in either order so students can start this programme in September or in February.

The table below outlines the scheduling of modules for the MSc programme. Core modules for Exercise Science and Health are identified. Students may opt to complete one elective module from a different pathway.

<b>Semester</b>	<b>Module Title</b>	<b>Credit</b>	<b>Status</b>
A	Foundations for Research	30	Core *
A	Muscle, Movement and Exercise	30	Programme
A	Action-Orientated Health Promotion	30	Elective
A	Clinical Reasoning	30	Elective
A	Evidence-Based Practice	30	Elective
A	Facilitating Learning in the Practice Setting	30	Elective
A	Mental Health and its Promotion	30	Elective
A	Public Health: Theory and Practice	30	Elective
B	Physical Activity and Exercise	30	Core
B	Foundations for Research	30	Core *
B	Social and Political Contexts of Health	30	Programme

B	Clinical Reasoning	30	Elective
B	Educational Design in a Practice Setting	30	Elective
B	Epidemiology in Public Health	30	Elective
B	Evaluation of Interventions in Practice	30	Elective
B	Gait, Balance and Posture	30	Elective
C	Dissertation/Work-Based Project	60	Core

\* Foundations for Research runs in **either** semester A **or** semester B, students would normally be expected to register for this module in their first semester of study.

### **Typical timetables:**

#### **MSc Exercise Science and Health (Full time):**

Year 1 - Semester A: Foundations in Research Muscle Movement and Exercise or Elective

Year 1 - Semester B: Physical Activity and Exercise

Social and Political Contexts of Health or Elective

Year 1 - Semester C: Dissertation

#### **MSc Exercise Science and Health (Part time):**

Year 1 - Semester A: Foundations in Research

Year 1 - Semester B: Physical Activity & Exercise

Year 2 - Semester A: Muscle, Movement and Exercise or Elective

Year 2 - Semester B: Social and Political Contexts of Health or Elective

Year 2 - Semester C: Dissertation

### **Requirements for gaining an award**

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

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

Students can elect to curtail their studies and leave with an MSc which can be obtained through the completion of a 60 credit research project in addition to the taught modules

### **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 decimal 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

## **Assessment**

### **Teaching, learning and assessment**

#### **Teaching and learning**

##### **Knowledge is developed through:**

- Lectures
- Seminars, tutorials and workshops
- Student centred learning - directed reading, assignment preparation.

##### **Thinking skills are developed through:**

- Tutorials
- Seminars and workshops
- Report writing and assignments
- Project work

##### **Practical skills are developed through:**

- Laboratory practical sessions
- Individual research project
- Data analysis exercises
- Use of IT and library based resources
- Student presentations

##### **Skills for life and work (general skills) are developed through:**

- Student centred learning
- Seminar and workshop discussions
- Oral and written presentations
- Computer assignments
- Managing time
- Team work

## **Assessment**



### **Assessment will primarily consist of**

- Module examinations and coursework
- A research proposal (2000 words) taken from the skills modules
- A 35-4000 word thesis (max 5000) that will be assessed by a viva voce.

### **Knowledge is assessed by**

- Examinations and coursework (in the taught core course modules emphasis will be given to work-based coursework)
- Interim reports and Final oral examination

### **Thinking skills are assessed by**

- Examinations and coursework (in the taught core course modules emphasis will be given to work-based coursework)
- Final oral examination
- Tutorials with University and work-based supervisors

### **Practical skills are assessed by**

- Laboratory practical / coursework (in the taught core course modules emphasis will be given to work-based coursework)
- Reports from work based supervisors

### **Skills for life and work (general skills) are assessed by**

- Laboratory practical/ coursework (in the taught core course modules emphasis will be given to work-based coursework)
- Coursework reports
- Reports from work based supervisors

## **Quality**

### **How we assure the quality of this programme**

#### **Before this programme started**

Before this programme started the we checked that:

- there would be enough qualified staff to deliver the programme;
- adequate resources would be in place;
- the overall aims and objectives were appropriate;
- the content of the programme met national benchmark requirements;
- the programme met any professional/statutory body requirements;
- the proposal met other internal quality criteria covering a range of issues such as admissions policy, teaching, learning and assessment strategy and student support mechanisms.

This is done through a process of programme approval which involves convening a panel of academic experts including some subject specialists from other institutions. Each panel member scrutinises key documents and talks to the staff who will deliver the programme before deciding whether it should be approved.

### **How we monitor the quality of this programme**

The quality of this programme is monitored each year through evaluating:

- external examiner reports (considering quality and standards);
- statistical information (considering issues such as the pass rate);
- student feedback.

Drawing on this and other information, programme teams undertake the annual Review and Enhancement Process which is co-ordinated at School level and includes student participation. The process is monitored by our Quality and Standards Committee.

Once every six years we undertake an in-depth review of the whole field. This is undertaken by a panel that includes at least two external subject specialists. The panel considers documents, looks at student work, speaks to current and former students and speaks to staff before drawing its conclusions. The result is a report highlighting good practice and identifying areas where action is needed.

### **The role of the programme committee**

This programme has a programme committee comprising all relevant teaching staff, student representatives and others who make a contribution towards the effective operation of the programme (e.g. library/technical staff). The committee has responsibilities for the quality of the programme. It provides input into the operation of the Review and Enhancement Process and proposes changes to improve quality. The programme committee plays a critical role in the University's quality assurance procedures.

### **The role of external examiners**

The standard of this programme is monitored by at least one external examiner. External examiners have two primary responsibilities:

- To ensure the standard of the programme;
- To ensure that justice is done to individual students.

External examiners fulfill these responsibilities in a variety of ways including:

- Approving exam papers/assignments;
- Attending assessment boards;
- Viva voce exams
- Reviewing samples of student work and moderating marks;
- Ensuring that regulations are followed;
- Providing feedback to the University through an annual report that enables us to make improvements for the future.

### **Listening to the views of students**

There will be regular documented meetings with the university supervisor/s and at the workplace meetings with the work-based supervisor. In addition the programme committee will oversee and respond to any questions raised.

### **Listening to the views of others**

We have regular discussions with Employers in the NHS, leisure and sport industry.

## **Further Information**

### **Where you can find further information**

Further information about this programme is available from:

- [The UEL web site](#)
- [The School of Health and Bioscience web pages](#)
- The School of health and Bioscience Help Desk ([habhelp@uel.ac.uk](mailto:habhelp@uel.ac.uk))
- [UEL Manual of Regulations and Policies/](#)
- [UEL Quality Manual](#)