

Course Aim and Title	MSc Applied Sport and Exercise Sciences Sport Psychology Pathway Strength and Conditioning Pathway
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	N/A
Professional Body Accreditation	N/A
Relevant QAA Benchmark Statements	Events, Hospitality, Leisure, Sport & Tourism (Nov. 2016 – with specific reference to Sport) and Education Studies (Feb. 2015).
Additional Versions of this Course	None
Date Specification Last Updated	April 2019

### *Course Aims and Learning Outcomes*

This course is designed to give you the opportunity to:

- Study a sport and exercise science related subject at post graduate level
- Specialise within a key area of sport and exercise science that has a clear occupational pathway on successful completion
- Continue to study within a generic sport and exercise environment while specialising within a specific discipline
- Complete a major project within a specialist area

### *What will you learn?*

#### Knowledge

- A comprehensive and systematic knowledge of theory within an applied sport and exercise science discipline
- A critical awareness of current issues within applied sport and exercise sciences
- 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 science
- Interpret and apply knowledge to real life sporting situations
- Apply effective problem solving and effective decision making to real life research situations within 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 sciences

### 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

### *Learning and Teaching*

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 roles 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*

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

#### *Work or Study Placements*

The course has a compulsory work based learning module and as such is highly relevant to the sport and exercise science based professions. Each pathway has a further subject specialist applied module.

#### *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:

<b>Level</b>	<b>UEL Module Code</b>	<b>Available by distance learning (Y/N)</b>	<b>Module Title</b>	<b>Credit</b>	<b>Status</b>	<b>Term</b>
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7	SE7013	N	Contemporary Issues in Sport Psychology	30	Core to the Sport Psychology Pathway	1
7	SE7008	N	Advanced Applied Sport Psychology	30	Core to the Sport Psychology Pathway	2
7	SE7016	N	The Theory of Strength and Conditioning	30	Core to the Strength and Conditioning Pathway	1
7	SE7015	N	The Advanced Practice of Strength and Conditioning	30	Core to the Strength and Conditioning Pathway	2
7	SE7018	N	Sport and Exercise Work Based Learning (Mental Wealth)	30	Core to all Pathways	3
7	SE7009	N	Applying Research Skills	30	Core to all Pathways	1
7	SE7014	N	Sport Research Project	60	Core to all Pathways	2 & 3

The overall credit rating of this course is 180 credits. If for some reason you are unable to achieve the 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 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

### *Course Specific Regulations*

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

### **Typical Duration**

Full time students typically complete this course over a single calendar year, 3 terms of study with 2 modules within each term. Part time students would normally complete the course within 2 years.

The time limit for completion of a course is four years after first enrolment on the course.

### **Further Information**

More information about this course is available from:

- The UEL web site ([www.uel.ac.uk](http://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**

Stratford Campus. Due to our biomechanics lab being on the Stratford campus some teaching at the start of the course on the strength and conditioning pathway will need to take place at the Stratford campus.

