

# Programme Specification for Postgraduate Programme Leading to: MSc Sport, Health and Exercise Sciences

Applicable for all postgraduate students starting on or after 1<sup>st</sup> September 2020

Version No.	Date	Notes – QA USE ONLY	QA
1.0	May-20	2020/21 version created with Updated College of Health, Medicine & Life Sciences details to align to the College structure from 2020/21	WEA
2.0	Aug-20	SP5524 removed for 2020/21	RJC

Postgraduate Taught Programme	
1. Awarding institution	Brunel University London
2. Teaching institution(s)	Brunel University London
3. Home college/department/division	College of Health, Medicine and Life Sciences / Department of Life Sciences / Sport, Health and Exercise Sciences
4. Contributing college/department/division/associated institution	N/A
5. Programme accredited by	Brunel University London
6. Final award(s) and FHEQ Level of Award	MSc Sport, Health and Exercise Sciences [FHEQ level 7]
7. Programme title	MSc Sport Health and Exercise Sciences
8. Programme type (single honours/joint)	N/A
9. Normal length of programme (in months) for each mode of study	FT: 1 year (12 months); PT: 2 years (24 months)
10. Maximum period of registration for each mode of study	Normal or standard duration plus 2 years
11. Variation(s) to September start	None
12. Modes of study	(FT)/(PT)
13. Modes of delivery	Standard
14. Intermediate awards and titles and FHEQ Level of Award	PGCert in Sport, Health and Exercise Sciences [FHEQ level 7] PGDIP in Sport, Health and Exercise Sciences [FHEQ level 7]
15. UCAS Code	N/A
16. JACS Code	C600
17. Route Code	C600PSPHEXSF
18. Relevant subject benchmark statements and other external and internal reference points used to inform programme design	<p><a href="#">QAA UK Quality Code for Higher Education</a> which includes the English Framework for Higher Education Qualifications within Part A on Setting and Maintaining Academic Standards</p> <p><a href="#">Most Recent QAA Subject Benchmark Statement</a>: there are currently no relevant subject benchmark statements.</p> <p><a href="#">Brunel University London 2030</a></p> <p>Brunel Placement Learning Policy, as published under the 'Placements' section of the <a href="#">Managing Higher Education Provision with Others</a> page.</p>
19. Admission Requirements	<p>Details of entry requirements are provided on the University's and College website:</p> <p><a href="http://www.brunel.ac.uk/courses/postgraduate/sport-health-exercise-sciences-msc">http://www.brunel.ac.uk/courses/postgraduate/sport-health-exercise-sciences-msc</a></p>
20. Other relevant information (e.g. study abroad, additional information on placements)	NA
21. Programme regulations not specified in Senate Regulation 3. Any departure	NA

from regulations specified in Senate Regulation 3 must be stated here and approved by Senate.	
22. Further information about the programme is available from the College website.	<a href="http://www.brunel.ac.uk/courses/postgraduate/sport-health-exercise-sciences-msc">http://www.brunel.ac.uk/courses/postgraduate/sport-health-exercise-sciences-msc</a>

### 23. EDUCATIONAL AIMS OF THE PROGRAMME

The programme aims to:

1. Provide students with a coherent programme of study, which prepares them for training for becoming accredited through the British Association of Sport and Exercise Sciences (BASES).
2. Extend students' knowledge and understanding in Sport, Health and Exercise Sciences.
3. Provide students with a range of learning experiences designed to enhance critical analysis and independence of thought.
4. Provide students with grounding in research methods and data analysis that prepares them for higher research-related degrees (e.g., PhD).

### 24. PROGRAMME AND INTERMEDIATE LEARNING OUTCOMES

The programme provides opportunities for students to develop and demonstrate knowledge and understanding (K) cognitive (thinking) skills (C) and other skills and attributes (S) in the following areas:

FHEQ Level	Category (K = knowledge and understanding, C = cognitive (thinking) skills, S = other skills and attributes)	Learning Outcome	Masters Award Only	Associated Assessment Blocks Code(s)	Associated Study Blocks Code(s)	Associated Modular Blocks Code(s)
7	K	Demonstrate conceptual understanding that enables critical evaluation and synthesis of current research and advanced scholarship in the field of Sport, Health and Exercise Sciences.				SP5503 SP5508 SP5511 SP5512 SP5513 SP5xx SP5521 SP5522 SP5524 SP5530 SP5535 SP5601
	K	Demonstrate a systematic understanding of knowledge that enables them to critically discuss the implications of research and theory for applied practice.				SP5503 SP5508 SP5511 SP5512 SP5513 SP5xxx SP5521 SP5522 SP5524 SP5530 SP5535 SP5601

**Masters**

	K	Demonstrate the ability to design, conduct, and analyse a research dissertation that has a clear theoretical rationale.				SP5530
	K	Demonstrate a comprehensive understanding that enables them to compare and contrast different theoretical frameworks underpinning applied practice.				SP5503 SP5508 SP5xxx SP5521 SP5524 SP5530 SP5535 SP5601
	K	Demonstrate a comprehensive understanding of research methods applicable to their own area of research or advanced scholarship.				SP5508 SP5530
	C	Make an informed decision as to which type of methodology to employ to answer a particular research question.				SP5508 SP5530
	C	Deal with complex issues both systematically and creatively in order to make well-structured, reasoned arguments, supported by relevant evidence.				SP5503 SP5508 SP5511 SP5512 SP5513 SP5xxx SP5521 SP5522 SP5524 SP5530 SP5535 SP5601
	C	Demonstrate self-direction in planning and undertaking an autonomous piece of work.				SP5503 SP5508 SP5511 SP5512 SP5513 SP5xxx SP5521 SP5522 SP5530 SP5535 SP5601
	S	Demonstrate analytical and methodological skills.				SP5508 SP5513 SP5521 SP5522 SP5524 SP5530 SP5535 SP5601
	S	Demonstrate a core set of practical service delivery skills in selected areas of sport, health and exercise sciences.				SP5511 SP5512 SP5513 SP5xxx SP5521 SP5524
	S	Present ideas effectively via different media.				SP5503 SP5508 SP5511 SP5512 SP5513

						SP5xxx SP5521 SP5522 SP5524 SP5530 SP5535 SP5601
	S	Demonstrate independence and organisational skills when working on a research project.				SP5508 SP5513 SP5522 SP5530 SP5535

**Learning/teaching strategies and methods** to enable learning outcomes to be achieved, including formative assessments

**Knowledge and Understanding**

Knowledge and understanding are developed through lectures and seminars, supported by directed independent study (e.g., selected journal articles and book chapters), group discussions, debate, individual tutorials and coursework assignments.

**Cognitive (thinking) Skills**

Cognitive (thinking) skills are developed through seminars (e.g., research seminars), workshops (e.g., on research methods and data analysis), and practical problem solving activities (e.g., lab-based tasks)

**Other Skills and Attributes**

Practical, professional and transferable skills are developed through role-play, workshops, oral presentations, and through working with an individual tutor throughout the dissertation.

**Summative assessment strategies and methods** to enable learning outcomes to be demonstrated.

**Knowledge and Understanding**

Methods of formative assessment include optional self-tests (e.g., available via Blackboard Learn), tutor feedback during in-class activities (e.g., discussions), and tutor feedback and discussion during individual tutorials.

Methods of summative assessment include seen and unseen written examinations and coursework assignments (e.g., essay, poster presentation, oral presentation).

**Cognitive (thinking) Skills**

Methods of formative assessment include tutor feedback during discussions, workshops and problem solving activities.

Methods of summative assessment include seen and unseen written examinations and coursework assignments (e.g., essay, poster presentation, oral presentation).

**Other Skills and Attributes**

Methods of formative assessment include tutor feedback during role-play, workshop activities, and individual tutorials.

Methods of summative assessment include written coursework assessments (e.g., essay and case study report), seen and unseen written examinations, oral presentation, and poster presentation.

Programme structures and features: levels, assessment blocks, credit and progression and award requirements

- **Compulsory block:** one which all students registered for the award are required to take as part of their programme of study. These will be listed in the left hand column;
- **Optional block:** one which students choose from an 'option range'. These will be listed in the right hand column;
- A **core assessment** is an assessment identified within an assessment block or modular block (either compulsory or optional) which must be passed (at grade C- or better) in order to be eligible to progress and to be eligible for the final award. All core assessments must be specified on the programme specification next to the appropriate assessment or modular block:

Where students are expected to pass the block at C- or better, but not necessarily all elements, then the block itself is core.

e.g. AB5500 Project (40)  
Core: Block

Where only some elements of assessments are required to be passed at C- or better, these will be identified by listing each element that is core

e.g. ABXXX1 Title (XX credits)  
Core: 1 & 4

Where students are expected to pass all assessments in a block then this will be identified. By setting the assessment this way, students are also required to pass the block by default. This will be identified thus:

e.g. ABXXXX Title (XX credits)  
Core: All, Block

- A **non-core assessment** does not have to be passed at grade C- or better, but must D- or better in order to be eligible for the final award.

FHEQ Level 7	
<b>Compulsory assessment block codes, titles and credit</b>	<b>Optional assessment block codes, titles and credit</b>
<b>Compulsory study block codes, titles and credit volume</b>	<b>Optional Study block codes, titles and credit volume</b>

<b>Compulsory modular block codes, titles and credits</b>	<b>Optional modular block codes, titles and credits</b>
<p>SP5530 MSc Dissertation (60 credits) (Core)</p> <p>SP5508 Research Methods and Data Analysis (45 credits)</p> <p>SP5601 Physical Activity and Health (15 credits)</p>	<p><b>A total of 60 credits from:</b></p> <p>SP5512 Biomechanics of Sport and Exercise (15 credits)</p> <p>SP5521 Individual Differences in Sport and Exercise (15 credits)</p> <p>SP5535 Social Processes in Exercise and Sport (15 credits)</p> <p>SP5503 Professional Development (15 credits)</p> <p>SP5511 Applied Sport Physiology (30 credits)</p> <p>SP5513 Lab Techniques in Physiology and Biomechanics (15 credits)</p> <p>SP5602 Mental Health and Wellbeing in Elite Sport Performance Lifestyle (15 Credits)</p> <p>SP5522 Research and Application in the Psychology of Sports Performance (15 credits)</p>
<b>FHEQ Level 7 Progression and Award Requirements</b>	
<p>As per <a href="#">Senate Regulation 3</a></p>	
<p><b>PGDip may not be awarded by substitution of the dissertation (SP5530) for modular/assessment blocks in the taught part of the programme.</b></p>	

Please note: this specification provides a concise summary of the main features of the programme and the learning outcomes that a student might reasonably be expected to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the learning outcomes, content and teaching, learning and assessment methods can be found in the modular block, assessment and study block outlines and other programme and block information. The accuracy of the information contained in this document is reviewed by the University from time to time and whenever a modification occurs.