

# Appendix 1: Programme Specification documents



## Programme Specification

<b>Awarding body:</b>	University of Surrey	
<b>Teaching institution (if different):</b>	University Centre Farnborough, Farnborough College of Technology	
<b>Final award:</b>	BSc (Hons)	
<b>Final award (if different):</b>		
<b>Programme/pathway title:</b>	Sport Science & Performance Therapy Sport Science & Performance Therapy (Top Up)	
<b>Subsidiary award(s) and title(s):</b>	<b>Award</b>	<b>Title</b>
	Certificate of Higher Education	Sport Science & Performance Therapy
	Diploma of Higher Education	Sport Science & Performance Therapy
	BSc (Ord)	Sport Science & Performance Therapy
<b>FHEQ Level:</b>	Level 6	
<b>Credits:</b>	360	
<b>ECTS credits:</b>	180	
<b>Name of Professional, Statutory or Regulatory Body (PSRB):</b>	CIMPSA STA PD:Approval	
<b>Mode of study and route code:</b>	<b>Mode of study</b>	<b>Please tick applicable</b>
	Full-time	<input checked="" type="checkbox"/>
	Full-time with PTY	<input type="checkbox"/>
	Part-time	<input type="checkbox"/>
	Distance learning	<input type="checkbox"/>
	Short course	<input type="checkbox"/>
<b>JACs code:</b>		
<b>HESCOs Code:</b>		
<b>Start date (date/month/year):</b>	01/09/2023	

End date (date/month/year):	11/07/2025									
Length of programme in months:	21									
QAA Subject benchmark statement (if applicable):	Events, Hospitality, Leisure, Sport and Tourism (2019)									
Other internal and / or external reference points:										
Faculty and Department/School:	Enterprise, Creative & Sport									
Programme Leader:	Daniel Hughes									
Date of production/revision of the specification:	01/03/2023									
Educational aims of the programme:										
<div>1. Provide students with an understanding of the subject specific knowledge, as well as the analytical and critical skills, for working in the Sport Science, Human Performance, and Sports Therapy.</div> <div>2. Provide a comprehensive and well-balanced programme of vocationally focused education at honours degree level.</div> <div>3. Provide students with enhanced practical and professional skills and thus prepare students effectively for professional employment, postgraduate study in Sport Science, Human Performance and Sport Therapy.</div> <div>4. Provide an integrated, stimulating and intellectually challenging programme of study which reflects the changes in structure and focus of an intrinsically adaptive industry and society.</div> <div>5. Prepare students for vocational and professional experience of working in an applied sport and therapy setting, utilising skills obtained via course content and learning materials.</div>										
Programme learning outcomes:										
The programme provides opportunities for students to develop and demonstrate knowledge and understanding, skills, qualities and other attributes in the following areas:										
Learning Outcome	K	C / I	P	T	Optional Ref	Cert HE	Dip HE	BSc (Ord)	BSc (Hons)	
K1. Make effective use of knowledge and understanding of the disciplines underpinning human anatomy and physiology.	☒	☐	☐	☐		☒	☒	☒	☒	
K2. Display a critical awareness of how diet and nutrition can affect and enhance sporting performance.	☒	☐	☐	☐		☒	☒	☒	☒	
K3. Make effective use of knowledge and understanding of the theories underpinning biomechanics and kinesiology.	☒	☐	☐	☐		☐	☒	☒	☒	

K4. Understand and apply the theories and concepts of sport and exercise psychology and its impact upon rehabilitation.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
K5. Demonstrate an ability to monitor health and lifestyle through exercise referral.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
K6. Critically appreciate the relationship between sport and exercise activity and intervention in a variety of special populations.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
K7. Understand and apply the theories and concepts relevant to managing exercise and rehabilitation environments.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
K8. Understand and apply the theories and concepts relevant to managing sport therapy ventures.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
K9. Undertake appropriate qualitative and quantitative research methods in order to describe, synthesise, interpret, analyse and evaluate findings and data.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
K10. Undertake laboratory techniques for physiological assessment with regard to ethics, safety and risk management.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
K11. Demonstrate a critical awareness of rehabilitative exercise instruction.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
K12. Demonstrate effective knowledge and understanding of advanced instruction and applied exercise instruction.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
K13. Evaluate evidence from a range of information sources.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I1. Demonstrate the skills required to appropriately assess monitor and evaluate human responses to sport, exercise and or rehabilitations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I2. Demonstrate the ability to plan and implement exercise regimes applying relevant knowledge and understanding of physiological factors.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I3. Demonstrate evidence of operational and management strategies in action.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I4. Demonstrate the capability to critically examine and evaluate problems within sport science and exercise therapy research.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I5. Undertake and evaluate appropriate literature searches to produce fully referenced reports.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I6. Understand and respond effectively to moral, ethical, health and safety issues.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

P1. Demonstrate competence in exercise and individual sporting activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
P2. Demonstrate competence within the rehabilitation environment and standard gym and clinical practises.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
P3. Undertake assessment of a client's needs, analysis of collected data and make recommendations for improvements.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
P4. Monitor and evaluate sporting performance and injury rehabilitation in both a clinical and field setting.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
P5. Identify and utilise appropriate statistical research methodologies.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
P6. Demonstrate appropriate verbal and non-verbal communication skills.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
P7. Demonstrate competency with utilising ICT platforms and processes.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
P8. Conduct appropriate research and formulate proposals.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
P9. Ability to contribute to business and management planning.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
T1. Demonstrate effective use of scientific evidence and logical presentation of findings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
T2. Demonstrate effective use of ICT tools.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
T3. Demonstrate the ability to critically evaluate information and requirements.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
T4. Demonstrate effective oral and written communication.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
T5. Demonstrate effective time management skills.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
T6. Demonstrate the ability to work effectively in a team.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
T7. Demonstrate reflective practice and self-appraisal skills.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

#### **Programme structure:**

All programmes operate on a 15 credit modular structure (or multiples of 15 credits) over two semesters. Modules are normally semester based and can be worth either 15, 30, 45 or 60 credits. A 15 credit module is indicative of 150 hours of learning, comprised of student contact, private study and assessment.

This programme is studied full-time over two academic years. To achieve the principal award of BSc (Hons) Sport Science and Exercise Therapy a student must complete 360 credits, 120 credits at FHEQ Levels 4, 5 and 6 respectively. Students are also eligible to exit the programme with the following subsidiary awards:

- BSc (Ord) Sport Science & Performance Therapy – 300 credits with a minimum of 60 credits at FHEQ Level 6
- Diploma of Higher Education (Dip HE) – 240 credits with a minimum of 120 credits at FHEQ Level 5
- Certificate of Higher Education (Cert HE) – 120 credits at FHEQ at Level 4

In order for students to progress they must achieve a minimum average of 40% and have completed all 120 credits at FHEQ Levels 4, 5 and 6.

**Programme adjustments (if applicable):**

N/A

**FHEQ Level 4: potential awards – Cert HE**

Module code	Module title	Core / compulsory / optional	Credits	Period (Semester 1, Semester 2, Year Long or Across Academic Years)	Qualifying Conditions
COM4001	Academic Skills	Compulsory	15	Semester 1	
COM4002	Contemporary Issues	Compulsory	15	Semester 2	
DSA4001	Data Science and Analytics	Compulsory	15	Semester 2	
SST4003	Introduction to Soft Tissue Treatments	Compulsory	15	Semester 1 & 2	
SST4004	Introduction to Strength and Conditioning	Compulsory	15	Semester 1	
SST4005	Introduction to Human Anatomy and Physiology	Compulsory	15	Semester 1 & 2	
SST4006	Introduction to Sport and Exercise Psychology	Compulsory	15	Semester 1 & 2	
SST4007	Research Methods in Sport	Compulsory	15	Semester 2	
SST4008	Introduction to Human Nutrition	Compulsory	15	Semester 1 & 2	

How many optional modules must a student choose in order to achieve the necessary amount of credits to achieve this level?	Students must chose between COM4002 Contemporary Issues OR DSA4001 Data Science and Analytics in Semester 2.
--	--

**FHEQ Level 5: Potential awards – Dip HE**

Module code	Module title	Core / compulsory / optional	Credits	Period (Semester 1, Semester 2, Year Long or Across Academic Years)	Qualifying Conditions
SST5001	Applied Training Techniques	Compulsory	15	Semester 1	
SST5002	Personal Development and Dissertation Preparation	Compulsory	15	Semester 2	
SST5003	Physiology for Human Performance	Compulsory	15	Semester 2	
SST5004	Applied Sport Psychology	Compulsory	15	Semester 2	

SST5005	Sports Injuries	Compulsory	15	Semester 1	
SST5006	Biomechanics	Compulsory	15	Semester 1	
SST5007	Periodisation and Athletic Programming	Compulsory	15	Semester 1	
SST5008	Clinical Assessment and Treatment	Compulsory	15	Semester 2	
How many optional modules must a student choose in order to achieve the necessary amount of credits to achieve this level?		N/A			
<b>FHEQ Level 6: Potential awards – BSc (Hons) Sport Science &amp; Performance Therapy</b>					
Module code	Module title	Core / compulsory / optional	Credits	Period (Semester 1, Semester 2, Year Long or Across Academic Years)	Qualifying Conditions
SST6001	Advanced Strength and Conditioning	Compulsory	30	Semester 1 & 2	
SST6002	Functional Rehabilitation	Compulsory	30	Semester 1 & 2	
SST6003	Applied Physiology and Performance Nutrition	Compulsory	30	Semester 1 & 2	
SST6004	Dissertation	Compulsory	30	Semester 1 & 2	
How many optional modules must a student choose in order to achieve the necessary amount of credits to achieve this level?		N/A			
<b>Opportunities for placements / work-related learning / collaborative activity – please indicate if any of the following apply to your programme</b>					
Associate Tutor(s)/Guest Speakers/Visiting Academics:		<input checked="" type="checkbox"/>			
Professional Training Year (PTY):		<input type="checkbox"/>			
Placement(s) (study or work that are not part of the PTY or Erasmus Scheme):		<input type="checkbox"/>			
Clinical Placement(s) (that are not part of the PTY Scheme):		<input type="checkbox"/>			
ERASMUS Study (that is not taken during Level P):		<input type="checkbox"/>			
Study exchange(s) (that are not part of the ERASMUS Scheme):		<input type="checkbox"/>			
Dual degree:		<input type="checkbox"/>			
<b>Programme set up questions</b>					
Source of funding for the programme (eg NHS where not student/employer funded):		N/A			
Collaborating organisation (eg NHS providing significant input into a programme):		N/A			

Location of study (eg if distance learning / overseas centre):	N/A
Registered body (where the award is to be mandatory regulated by HCPC, RCVS or NMC etc – not optionally regulated eg accreditation/registration is an option):	N/A
Closed programme (is the programme specifically to be offered privately to a group of students, eg only employees of companies or organisations that are meeting the costs of the student's studies):	N/A
<b>Other Information:</b>	
<b>Quality assurance:</b>	
The <i>Regulations and Codes of Practice</i> for taught programmes can be found at: <a href="http://www.surrey.ac.uk/quality_enhancement/index.htm">http://www.surrey.ac.uk/quality_enhancement/index.htm</a>	