Programme Specification

MSci Sport and Exercise Science

School:	Science, Technology and Health
Subject area:	Sport
Entry from academic year:	2022-23
in the month(s) of:	September
Awarding institution:	York St John University
Teaching institution:	York St John University
Delivery location:	York St John University
Programme/s accredited by:	Not applicable
Exit awards:	Certificate of Higher Education Sport Diploma of Higher Education Sport and Exercise Science BSc (Ord) Sport and Exercise Science BSc (Hons) Sport and Exercise Science
UCAS code / GTTR / other:	
Joint Honours combinations:	Not applicable
QAA subject benchmark statement(s):	Events, Hospitality, Leisure, Sport and Tourism (2016) QAA Master's Degree Characteristics (2015)
Mode/s of study:	Undergraduate periods of study[1] for full time / part time
Language of study:	English
Paired with foundation year	Yes
Study abroad opportunities:	Yes
Placement year opportunity:	Yes

Introduction and special features

This is a four-year Integrated Master's programme in Sport and Exercise Science (SES). It is one of the first SES Integrated Master's degree in the world framed around social justice, the right to play, putting the performer before the performance, a focus on the healthy athlete, stressing participation over consumerism and holding to account those who seek elitism rather than sporting excellence. This approach puts values at the centre of how we teach, research and practice sport.

If you aspire to change your community and the world through sport, science and research then this is the degree programme for you.

As a result of our unique approach to sport we are creating a new type of partnership between our school and the community. The values of the School of Sport place positive social change at the heart of our teaching and research. The practical impact of this for you, the student, is that the School has a number of community sport partners with whom you will have contact. This programme has a particular focus on the performance of sport and exercise and its enhancement, monitoring and analysis.

The School of Sport, within which you will study on this degree, has a strong and active research programme. A particular strength in the School is our world class research in Sports Psychology which

[1] The standard period of study will apply unless otherwise stated

students learn about throughout their programme. In addition teaching staff in the School are conducting research on human movement with a particular focus on monitoring and developing healthy athletes. This work includes research on the management of training loads, deceleration and agility. The research of our scientists underpins this Degree and means that you will be taught by experts in their discipline and that the curriculum remains up-to-date, cutting edge and distinctive.

SES is 'the application of scientific principles to the promotion, maintenance and enhancement of sport and exercise related behaviours' (The British Association of Sport and Exercise Sciences -BASES). As well as our value led approach to SES our degree programme is also interdisciplinary. It combines a practical and scholarly exploration of science, sport and exercise and seeks to develop graduates who use research to deliver evidence based practice. The programme has been designed so that you, the student, will learn both the academic skills needed to study and conduct research and the vocational competencies required to enhance sport performance or promote health. To achieve this, the degree is taught using innovative and enquiry-based approaches.

BASES are the professional and scholarly body for SES. At the time of writing a number of the academics in the School are accredited by BASES as is our Physiology Laboratory. As a result you, the student, will graduate with an inter-disciplinary knowledge and skill set that is built from the fundamentals of science in biomechanics, physiology and psychology. You will be exposed to a variety of challenges that cultivate an ability to solve problems around health, exercise and sports performance.

The programme has several special features. These include:

- Placement experience that will allow you to accrue real-world experiences
- Guest lectures delivered by the School's community partners
- Multi-million pound sport facilities

These sport facilities were opened in October 2016. These facilities include international standard grass and synthetic pitches and a £4m Sport Centre which has a world class strength and conditioning gym. In addition, the School of Sport's Human Performance laboratories have recently been built. The laboratories offer flexible teaching space with state-of-the-art equipment for both biomechanics and physiology. We will also have a new sport and exercise therapy suite on this site. The new developments taking place will make it more than ever a hub for the School of Sport.

You will have the opportunity to apply for a transfer at the end of the first year to other programmes within the School of Sport.

The Integrated Master's degree has six main advantages over standalone postgraduate programmes:

1. Integrated Master's programmes are covered by undergraduate student loans.
2. You will have been with us for 3 years, and so the 4th year is spent amongst friends and familiar staff. (The cohort will be together for the 4 years of the course.)
3. There is no need to apply separately.
4. Fees for Integrated Master's programmes are fixed.
5. Integrated Master's programmes are completed within an academic year, whereas standalone programmes are completed over a full calendar year. This means you will be more competitive and will have more time to dedicate to employment during the latter half of the year.
6. Finally, Integrated Master's programmes will allow you to continue a line of research from the 3rd to the 4th years of study, and so you have the opportunity to gain an advanced understanding of a particular area of research.

Admissions criteria

You must meet the University's general entry criteria for undergraduate study. In addition, you must have:

- Met the higher entry threshold as detailed on the course page

If your first language is not English, you need to take an IELTS test or an equivalent qualification accepted by the University (see https://www.yorksj.ac.uk/international/how-to-apply/english-language-requirements/).

If you do not have traditional qualifications, you may be eligible for entry on the basis of Recognition of prior learning (RPL). We also consider applications for entry with advanced standing.

Programme aim(s)

This programme aims to:

1. Prepare students to work, conduct research, or go on to further study in a range of science, exercise or sport related professions
2. Adopt a value-led approach to the study of sport
3. Employ an evidence-based approach to the study of sport
4. Engage in advanced academic, interdisciplinary, and professional practice

The MSci Sport and Exercise Science has a particular focus on the performance of sport and exercise and its enhancement, monitoring and analysis.

Programme learning outcomes

Upon successful completion of the programme students will be able to:

Level 4

4.1 Knowledge of the fundamental concepts, theories, and techniques that underpin the study of sport and exercise, and an ability to describe these within a given context.

4.2 Knowledge of how to present, evaluate and interpret basic data gathered in accordance with accepted theories and concepts when studying sport and exercise.

4.3 Knowledge of the features of different approaches to research and/or methodologies used when studying sport and exercise.

4.4 Ability to communicate information accurately and reliably as part of structured and coherent arguments when studying sport and exercise.

4.5 Ability to act with a degree of independence when completing academic and professional activities when studying sport and exercise.

4.6 Ability to identify and undertake appropriate academic and professional development activities when studying sport and exercise in a supported manner.

4.7 An understanding of a value-led approach to the study of sport and exercise.

Level 5

5.1 Knowledge of the strengths and weaknesses of key concepts, theories, and techniques in sport and exercise science.

5.2 Knowledge of how key concepts, theories, and techniques in sport and exercise science can be applied in varied contexts.

5.3 Knowledge of the research method, its various methodologies, and their strengths and weaknesses in the generation and application of knowledge in sport and exercise science.

5.4 Ability to use common methods of data collection, analyse and interpret data, and propose conclusions/solutions based on this analysis in sport and exercise science.

5.5 Ability to communicate information, ideas, and arguments from sport and exercise science to different audiences and in different formats.

5.6 Ability to act independently and interdependently when completing academic and professional activities in sport and exercise science.

5.7 Ability to identify, undertake, and reflect upon appropriate academic and professional development activities in sport and exercise science in a largely independent manner.

5.8 An understanding of how different values are implicit in study of sport and exercise science and how these values influence the study of sport and delegitimise, exclude, and privilege different topics, individuals and groups in society.

Level 6

6.1 Systematic and detailed knowledge of key issues in the study of sport and exercise science and the research that informs these issues.

6.2 Proficient use of established techniques and methods in sport and exercise science.

6.3 Knowledge and use of theories, techniques and research methodologies to address complex and/or novel problems in sport and exercise science, including a critical understanding of the boundaries/limitations of the approaches adopted.

6.4 A critical understanding of current debates and controversies in sport and exercise science.

6.5 Ability to use research to inform professional practice in the area of sport and exercise science.

6.6 Ability to plan, execute, and evaluate projects that entail complex techniques and data collection to address complex and/or novel problems in sport and exercise science.

6.7 Ability to communicate complex problems and solutions in sport and exercise science to different audiences and in different formats.

6.8 Ability to plan and initiate appropriate future academic and professional development activities in the context of sport and exercise science with view to employment or future study in an independent manner.

6.9 A critical understanding of a value-led approach to the study of sport and exercise science and how these values influence the study of sport and delegitimise, exclude, and privilege different topics, individuals and groups in society.

Level 7

7.1 Systematic and critical awareness of current problems and insights in sport and exercise science which is informed by research at the forefront of sport and exercise science.

7.2 Comprehensive understanding and application of skills, techniques and methods used in sport and exercise science.

7.3 Originality in the application of theories, techniques, and research methodologies to create and interpret knowledge in sport and exercise science.

7.4 Conceptual understanding of sport and exercise science that allows a critical evaluation of current and advanced research in sport and exercise science.

7.5 Ability to deal with complex issues in sport and exercise science in both systematic and creative ways.

7.6 Ability to act autonomously and in interdisciplinary or complex environments in planning and implementing tasks in sport and exercise science.

7.7 Comprehensive planning and execution of projects that involve advanced research methods and data collection to answer a novel research question in sport and exercise science.

7.8 Ability to make decisions in complex and unpredictable situations in sport and exercise science.

7.9 Ability to use and evaluate research methodologies and develop critiques of research in order to inform professional practice in sport and exercise science.

7.10 Critical and comprehensive understanding and implementation of a value-led approach to sport and exercise science.

Programme structure

Code	Level	Semester	Title	Credits	Module status	
					compulsory or optional to take **C or O**	non-compensatable or compensatable **NC or X**
SPO4009M	4	1	Fundamentals of Practice in Sport, Exercise, and Physical Education	20	C	X
SPO4002M	4	1 or 2	Fundamentals of Sport and Exercise Physiology	20	C	X
SPO4003M	4	1 or 2	Fundamentals of Sport and Exercise Psychology	20	C	X
SPO4004M	4	2	Introduction to Research Methods in Sport	20	C	X
SPO4005M	4	1 or 2	Fundamentals of Sport and Exercise Biomechanics	20	C	X
SPO4006M	4	1 or 2	Fundamental Sociological Issues in Sport, Culture and Society	20	C	X
SPO5001M	5	1	Research Design and Analysis	20	C	X
SPO5010M	5	1 or 2	Theory and Research in Sport and Exercise Psychology	20	C	X
SPO5007M	5	1 or 2	Biomechanics of Sport and Exercise	20	C	X
SPO5004M	5	2	Applied Research Methods and Design	20	C	X
SPO5005M	5	1 or 2	Social Justice in Sport: Ethical Perspectives	20	C	X
SPO5002M	5	1 or 2	Physiology of Sport and Exercise	20	C	X
SPO6001M	6	1 & 2	Research Paper	40	C	NC
SPO6003M	6	1 or 2	Applied Sport and Exercise Psychology	20	C	X
SPO6007M	6	1 or 2	Applied Sport and Exercise Biomechanics	20	C	X
SPO6005M	6	2	Social Justice in Sport: Sociological Perspectives	20	C	X
SPO6008M	6	1 or 2	Applied Sport and Exercise Physiology	20	C	X
SPO7001M	7	1 & 2	Advanced Research Methods and Dissemination	40	C	NC
SPO7002M	7	1 & 2	Placement in Sport, Exercise, or Physical Education	40	C	NC
SPO7003M	7	1	Interdisciplinary Working in Sport, Exercise, and Physical Education	20	C	X
SPO7004M	7	2	Debate and Current Opinion in Sport, Exercise, and Physical Education	20	C	X

Learning, teaching and assessment

In designing this degree programme, we were aware from the outset that how you will learn and be assessed is very important to you.

Historically the Sports Science area has been University leading in numerous teaching, learning and assessment initiatives with insightful employment of authentic practical experiences alongside digitally enhanced teaching and learning giving you the opportunity to develop meaningful practical and professional competencies within the discipline area.

The curriculum design is focussed upon developing the type of practitioners capable of future employment within multi-disciplinary sport environments.

On the Sport and Exercise Science Integrated Master's programme you will encounter a range of learning and teaching experiences including lectures, laboratories, practical work, seminars and digitally enabled learning activities. As you progress you will be increasingly expected to make significant contributions to your own learning. This includes completing self-directed study which often involves independent laboratory or field based practical work, data collection and presentation.

The teaching and assessment strategies employed across the sport programmes are engaging, and student-centred (approaches that are intended to account for the distinct learning needs, interests and aspirations of individual students). They include applied practical work within modules and assessments which develop career orientated skills and competencies. The School uses video feedback, flipped classrooms, blended delivery approaches and audio feedback on written work and examinations. They also included contextualised assessment at level 7 (e.g., a choice of assessment questions and/or tasks that relate to your specific programme).

To improve the quality of your learning experiences the programme will use formative assessment (formal submission of work with feedback provided within YSJU's 3-week turnaround) and formative activities (activities that are part of timetabled contact that provides students with general feedback). We know that some students do not always have the skills they need to show what they have learned in a formal assessment and that many students get anxious about exams and hand in dates. Therefore, we have taken care to streamline both the number of assessments and the criteria used to mark them. In addition, we will provide you with the opportunity to benefit from self-evaluation and peer assessment.

As you develop and learn more the assessments we use change in nature becoming more diverse and challenging over the course of the programme. Level 4, for example, utilises continuous assessment allowing in semester review and evaluation of performance as well as presenting the opportunity to employ interventions aimed at improving success within the semester. Levels 5, 6, and 7 present additional opportunities to demonstrate skills of analysis, synthesis and critical review through a variety of assessment approaches

In addition, level 7 includes a placement module that will allow you to apply the knowledge you have acquired across your programme, develop your professional skills, and also evidence a value-led approach that our school and programmes aim to promote. Overall, teaching and learning at level 7 will have an increased emphasis on independence and there are greater expectations in relation to the criticality, understanding, and synthesis of information and ideas. This includes an increase in the number of assessments per module and increased focus on your participation in the learning process.

Because you will be required to meet an increasing level of attainment during the transition from level 6 to 7 (which increases from a pass mark of 40 at levels 4, 5, and 6, to a pass mark of 50 at level 7) and you will need to meet the progression threshold from level 6 to level 7 (an average mark of 50 at level 6), we will provide you with additional support. You will have regular scheduled check-ins with your academic tutor to monitor your progression. In semester two of level 6, your progress will be reviewed and you will be provided with further guidance in relation to your eligibility to progress to level 7 of the programme.

Progression and graduation requirements

The University's general regulations for undergraduate awards apply to this programme.

Any modules that must be passed for progression or award are indicated in the Programme Structure section as non-compensatable.

In addition, the following programme-specific regulations apply in respect of progression and graduation:

- In order to progress from level 6 to level 7 of the Integrated Master's Degree students must meet the progression threshold of a credit-weighted average of mark of 50 for level 6 of the programme.

Internal and external reference points

This programme specification was formulated with reference to:

- University Mission Statement [see page two]
- Strategic Plan 2015-20 [see page four]
- QAA subject benchmark statement
- Framework for Higher Education Qualifications

Date written / revised: 14/05/19
Programme originally approved: 14/05/19