

Programme Specification

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[UG Programme Directory](#)

[PG Programme Directory](#)

Section 1 – regulatory details		
1.1	Awarding body	Wrexham University
1.2	Teaching institution	Wrexham University
1.3	Final award and programme title (Welsh and English)	BSc (Anrh) Gwyddorau Chwaraeon ac Ymarfer Corff BSc (Hons) Sport and Exercise Science
1.4	Exit awards and titles	BSc (Ord): Sport and Exercise Science Diploma of Higher Education in Sport and Exercise Science Certificate of Higher Education in Sport and Exercise Science
1.5	Credit requirements	Bachelor Honours in Sport and Exercise Science: 360 credits in total including a minimum of 120 credits at level 6 BSc (Ord) Sport and Exercise Science: 300 credits in total, including 80 credits at level 6 (Exit Award) Diploma of Higher Education in Sport and Exercise: 240 credits in total (Exit Award) Science Certificate of Higher Education in Sport and Exercise Science: A minimum of 120 credits at level 4 (Exit Award)
1.6	Intake points	September
1.7	Mode of study	Full & part time
1.8	Length of delivery	Full time: 3 years Part time: 6 years
1.9	Location of delivery	Wrexham and Colliers Park
1.10	Language of delivery	English
1.11	Faculty	Faculty of Social and Life Sciences (FSLS)
1.12	Subject area	Sport Science
1.13	HECoS Code	100095
1.14	Suitable for applicants requiring a Student Visa?	Yes
1.15	Is DBS check required on entry?	No
1.16	Professional, Statutory or Regulatory Body (PSRB) accreditation	The BSc (Hons) Sport and Exercise Science degree is endorsed by the Chartered Association of Sport and Exercise Sciences (CASES)
1.17	Welsh Medium Provision	The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh.
1.18	External reference points	The programme has been aligned to the QAA's Characteristics Statement for Foundation Degrees (February 2020) and the BSc to the

Section 1 – regulatory details		
		Subject Benchmark Statement for Events, Hospitality, Leisure Sport and Tourism (November 2019)
1.19	Derogation to Academic Regulations	N/A
1.20	Foundation Year route	Yes
1.21	Placement / Work based learning	Compulsory Work Placement (shared module) – mandatory placements embedded within the programme at Level 5
1.22	Length and level of the placement	SPT549 Tomorrows Practitioner: The Sport and Exercise Industry (80 hours)
1.23	Collaborative arrangement	N/A

Section 2 – programme details

2.1 Aims of the programme

The aims of the BSc (Hons) Sport and Exercise Science programme are:

- To develop the understanding of the key bodies of knowledge relevant to sport and exercise science in the sub-disciplines of physiology, psychology and biomechanics.
- To develop student's ability in the application of scientific and practical techniques relevant to sport and exercise science in the sub-discipline areas of physiology, psychology and biomechanics.
- To demonstrate the application of knowledge and technical skills in interdisciplinary contexts, including sport performance, strength and conditioning, exercise and health, and environmental/occupational settings.
- To facilitate the understanding of research that enables the interpretation and application of research methods and findings.
- To provide a learning environment that encourages the development of self-reflection on academic, professional and personal attributes.
- To provide opportunities for students to prepare for graduate level employment in the sport and exercise science sector, including opportunities for work-based or work-related learning and career planning.

2.2 Programme structure and diagram, including delivery schedule

Full-time Programme Structure					
Level	Module Code	Module Title	Credit Value	Core/ Option	Delivery (i.e. semester 1,2)
4	SPT418	Human Behaviour in Sport	20	Core	2
4	SES406	Foundations of Anatomy and Exercise Physiology	20	Core	1
4	SPT417	Academic Discovery Within the Sport Sciences	20	Core	1 & 2
4	SES404	Mechanisms to Explain Human Movement	20	Core	1 & 2
4	SPT445	Fitness and Conditioning for Sport	20	Core	2
4	NAD402	Introduction to Nutrition	20	Core	1
5	SPT549	Tomorrows Practitioner: The Sport and Exercise Industry	20	Core	1 & 2
5	SPT548	Sport Research Methodologies: From Theory to Practice	20	Core	2
5	SPT525	Applying Principles of Sport Psychology	20	Core	1
5	SES506	Physiological Responses to Training and Testing	20	Core	2

Full-time Programme Structure					
Level	Module Code	Module Title	Credit Value	Core/ Option	Delivery (i.e. semester 1,2)
5	SPT547	Fitness and Conditioning Methods in Practice	20	Core	2
5	SES504	Effective Movement in the Applied World	20	Core	1 & 2
6	SPT629	Independent Discovery	40	Core	1 & 2
6	SPT630	Analysing Performance for Improvement	20	Core	1
6	SPT627	Applied Sport and Performance Psychology	20	Core	2
6	SES606	Exercise Prescription for Clinical Populations	20	Core	1
6	SPT631	Applied Professional Practice in Fitness and Conditioning	20	Option	1 & 2
6	SES607	Exploring Extremes: Human Physiology in Extreme Environments	20	Option	1

Part-time Programme Structure						
Level	Module Code	Module Title	Credit Value	Core/ Option	Delivery (i.e. semester 1,2)	Year of Study (PT only)
4	SPT418	Human Behaviour in Sport	20	Core	2	Y1
4	SES406	Foundations of Anatomy and Exercise Physiology	20	Core	1	Y1
4	SPT417	Academic Discovery Within the Sport Sciences	20	Core	1 & 2	Y1
4	SES404	Mechanisms to Explain Human Movement	20	Core	1 & 2	Y2
4	SPT445	Fitness and Conditioning for Sport	20	Core	2	Y2
4	NAD402	Introduction to Nutrition	20	Core	1	Y2
5	SPT549	Tomorrows Practitioner: The Sport and Exercise Industry	20	Core	1 & 2	Y3
5	SPT548	Sport Research Methodologies: From Theory to Practice	20	Core	2	Y3
5	SPT525	Applying Principles of Sport Psychology	20	Core	1	Y3
5	SES506	Physiological Responses to Training and Testing	20	Core	2	Y4
5	SPT547	Fitness and Conditioning Methods in Practice	20	Core	2	Y4
5	SES504	Effective Movement in the Applied World	20	Core	1 & 2	Y4
6	SPT629	Independent Discovery	40	Core	1 & 2	Y6
6	SPT630	Analysing Performance for Improvement	20	Core	1	Y5
6	SPT627	Applied Sport and Performance Psychology	20	Core	2	Y5
6	SES606	Exercise Prescription for Clinical Populations	20	Core	1	Y5
6	SPT631	Applied Professional Practice in Fitness and Conditioning	20	Option	1 & 2	Y6
6	SES607	Exploring Extremes: Human Physiology in Extreme Environments	20	Option	1	Y6

2.3 Programme Learning Outcomes										
No.	Learning Outcome	K	I	S	P	Cert HE (L4)	Dip HE (L5)	Ordinary (L6)	Honours (L6)	Optional Ref (PSRB standards)
1	On completion of level 4 students will be able to demonstrate a basic understanding of the need for both a multi-disciplinary and inter- disciplinary approach to study, drawing, as appropriate, from research and professional contexts.	☒	☐	☐	☐	☒	☐	☐	☐	
2	On completion of level 4 students will be able to demonstrate knowledge and a basic understanding of the subject through both academic and professional reflective practice.	☒	☐	☐	☐	☒	☐	☐	☐	
3	On completion of level 4 students will be able to recognise how they develop as individuals through personal development planning, tutorial guidance and support.	☐	☒	☐	☐	☒	☐	☐	☐	
4	On completion of level 4 students will be able to interpret underlying concepts and principles associated with the study of sports science and the associated disciplines.	☐	☒	☐	☐	☒	☐	☐	☐	
5	On completion of level 4 students will be able to develop a reasoned argument.	☐	☒	☐	☐	☒	☐	☐	☐	
6	On completion of level 4 students will be able to carry out activities using appropriate techniques and procedures.	☐	☐	☒	☐	☒	☐	☐	☐	
7	On completion of level 4 students will be able to undertake basic field and laboratory tests with due regard for risk assessment and health and safety.	☐	☐	☒	☐	☒	☐	☐	☐	
8	On completion of level 4 students will be able to demonstrate the ability to work on individual and group tasks.	☐	☐	☐	☒	☒	☐	☐	☐	
9	On completion of level 4 students will be able to communicate in a format suitable for the environment.	☐	☐	☐	☒	☒	☐	☐	☐	

2.3 Programme Learning Outcomes										
No.	Learning Outcome	K	I	S	P	Cert HE (L4)	Dip HE (L5)	Ordinary (L6)	Honours (L6)	Optional Ref (PSRB standards)
10	On completion of level 4 students will be able to demonstrate an ability to manage time and work to deadlines.	☐	☐	☐	☒	☒	☐	☐	☐	
11	On completion of level 5 students will be able to show an enhanced level of understanding of the need for both a multi-disciplinary and inter- disciplinary approach to study, drawing, as appropriate, from research and professional contexts.	☒	☐	☐	☐	☐	☒	☐	☐	
12	On completion of level 5 students will be able to further develop and apply knowledge and understanding demonstrating their understanding of the subject through both academic and professional reflective practice.	☒	☐	☐	☐	☐	☒	☐	☐	
13	On completion of level 5 students will be able to interpret and analyse information relevant to sports science and the related disciplines, through research and problem- solving activities, within both an academic and vocational context.	☒	☐	☐	☐	☐	☒	☐	☐	
14	On completion of level 5 students will be able to begin to take responsibility for autonomous learning and continuing professional development.	☐	☒	☐	☐	☐	☒	☐	☐	
15	On completion of level 5 students will be able to research and assess subject specific facts, theories, paradigms, principles and concepts.	☐	☒	☐	☐	☐	☒	☐	☐	
16	On completion of level 5 students will be able to develop a reasoned argument and challenge assumptions.	☐	☒	☐	☐	☐	☒	☐	☐	
17	On completion of level 5 students will be able to plan, design and execute practical activities using appropriate techniques and procedures.	☐	☐	☒	☐	☐	☒	☐	☐	

2.3 Programme Learning Outcomes										
No.	Learning Outcome	K	I	S	P	Cert HE (L4)	Dip HE (L5)	Ordinary (L6)	Honours (L6)	Optional Ref (PSRB standards)
18	On completion of level 5 students will be able to recognise appropriate moral, ethical and safety issues relevant to their degree.	☐	☐	☒	☐	☐	☒	☐	☐	
19	On completion of level 5 students will be able to undertake more complex field and laboratory work with due regard for risk assessment and health and safety.	☐	☐	☒	☐	☐	☒	☐	☐	
20	On completion of level 5 students will be able to utilise a range of techniques for analysis and interpretation of human performance.	☐	☐	☒	☐	☐	☒	☐	☐	
21	On completion of level 5 students will be able to demonstrate the ability to work independently and interact effectively as part of a group.	☐	☐	☐	☒	☐	☒	☐	☐	
22	On completion of level 5 students will be able to communicate succinctly and eloquently in written, oral and other relevant presentation formats.	☐	☐	☐	☒	☐	☒	☐	☐	
23	On completion of level 5 students will be able to demonstrate an ability to manage a responsible, adaptable and flexible approach to study.	☐	☐	☐	☒	☐	☒	☐	☐	
24	On completion of level 5 students will be able to work in a practical environment, conducting investigations in a safe manner.	☐	☐	☐	☒	☐	☒	☐	☐	
25	On completion of level 6 students will be able to demonstrate an enhanced level of understanding of the need for both a multi-disciplinary and inter-disciplinary approach to study, critically drawing upon, as appropriate, from research and professional contexts.	☒	☐	☐	☐	☐	☐	☒	☒	
26	On completion of level 6 students will be able to synthesise and critically analyse the knowledge acquired at level 5.	☒	☐	☐	☐	☐	☐	☒	☒	

2.3 Programme Learning Outcomes										
No.	Learning Outcome	K	I	S	P	Cert HE (L4)	Dip HE (L5)	Ordinary (L6)	Honours (L6)	Optional Ref (PSRB standards)
27	On completion of level 6 students will be able to critically interpret and analyse information relevant to sports science and the related disciplines through research and problem-solving activities, within both an academic and vocational context.	☒	☐	☐	☐	☐	☐	☒	☒	
28	On completion of level 6 students will be able to display a critical understanding of the development of knowledge within the area of sports science and the related disciplines	☒	☐	☐	☐	☐	☐	☒	☒	
29	On completion of level 6 students will have an understanding and critical awareness of the moral, ethical, environmental, and vocational implications within the areas relevant to sports science and the related disciplines.	☒	☐	☐	☐	☐	☐	☒	☒	
30	On completion of level 6 students will have an understanding of the philosophical basis of scientific paradigms.	☒	☐	☐	☐	☐	☐	☒	☒	
31	On completion of level 6 students will be able to take full responsibility for autonomous learning and continuing professional development.	☐	☒	☐	☐	☐	☐	☒	☒	
32	On completion of level 6 students will be able to research and critically assess subject specific facts, theories, paradigms, principles and concepts.	☐	☒	☐	☐	☐	☐	☒	☒	
33	On completion of level 6 students will be able to develop a reasoned argument, discriminate critically and challenge assumptions.	☐	☒	☐	☐	☐	☐	☒	☒	
34	On completion of level 6 students will be able to apply theoretical models to relevant real-world sport related phenomena and evaluate their application and value.	☐	☒	☐	☐	☐	☐	☒	☒	
35	On completion of level 6 students will be able to critically interpret data and text.	☐	☒	☐	☐	☐	☐	☒	☒	

2.3 Programme Learning Outcomes										
No.	Learning Outcome	K	I	S	P	Cert HE (L4)	Dip HE (L5)	Ordinary (L6)	Honours (L6)	Optional Ref (PSRB standards)
36	On completion of level 6 students will be able to critically assess, evaluate and analyse information.	☐	☒	☐	☐	☐	☐	☒	☒	
37	On completion of level 6 students will be able to plan, design and execute practical activities and interventions using appropriate techniques and procedures.	☐	☐	☒	☐	☐	☐	☒	☒	
38	On completion of level 6 students will be able to recognise and respond to appropriate moral, ethical and safety issues relevant to their degree.	☐	☐	☒	☐	☐	☐	☒	☒	
39	On completion of level 6 students will be able to plan and undertake field and laboratory work with due regard for risk assessment and health and safety.	☐	☐	☒	☐	☐	☐	☒	☒	
40	On completion of level 6 students will be able to utilise a range of techniques for analysis and interpretation of human performance.	☐	☐	☒	☐	☐	☐	☒	☒	
41	On completion of level 6 students will be able to demonstrate the ability to work independently, co-operatively and critically in both written and practical areas of study.	☐	☐	☐	☒	☐	☐	☒	☒	
42	On completion of level 6 students will be able to communicate effectively within context and to a range of audiences in written (online and text), graphical and verbal forms.	☐	☐	☐	☒	☐	☐	☒	☒	
43	On completion of level 6 students will be able to demonstrate an ability to manage a responsible, adaptable and flexible approach to work and study and to be able to negotiate work objectives with professionals.	☐	☐	☐	☒	☐	☐	☒	☒	

2.3 Programme Learning Outcomes										
No.	Learning Outcome	K	I	S	P	Cert HE (L4)	Dip HE (L5)	Ordinary (L6)	Honours (L6)	Optional Ref (PSRB standards)
44	On completion of level 6 students will be able to work in a practical environment, planning and conducting investigations in a safe manner.	☐	☐	☐	☒	☐	☐	☒	☒	
45	On completion of level 6 students will be able to utilise self-reflection, evaluation and appraisal.	☐	☐	☐	☒	☐	☐	☒	☒	
46	On completion of level 6 students will be able to apply knowledge to solve familiar and unfamiliar performance or health problems, either independently or by working in collaboration with others, to achieve a social, health or sporting outcome.	☐	☐	☐	☒	☐	☐	☒	☒	
47	On completion of level 6 (with honours) students should be able to demonstrate the ability to independently design, conduct, and critically evaluate a substantial piece of research, integrating relevant theoretical frameworks, methodologies, and empirical evidence within a defined area of the discipline	☒	☒	☐	☐	☐	☐	☐	☒	
48	On completion of level 6 (with honours) students should be able to effectively communicate research findings in a clear, coherent, and academically rigorous manner, adhering to ethical guidelines and scholarly conventions appropriate to the discipline.	☒	☒	☐	☒	☐	☐	☐	☒	

Note: K- Knowledge and understanding; I-Intellectual Skills; S-Subject Skills; P-Practical, professional and employability skills

2.4 Learning and teaching strategy

The adopted learning and teaching philosophy will be in line with the University's framework and that set by the Chartered Association for Sport and Exercise Sciences (CASES) - the focus will be on gaining scientific knowledge and acquiring technical skills that can be applied to a sport and exercise sciences environment and using such skills in a research context also. 75% of the course content consists of the sub disciplines within sport and exercise sciences (physiology, psychology and biomechanics) with the remaining 25% split into other areas of relevant interest (nutrition, work placement, strength and conditioning).

Modules are designed so that students engage in applied assessments, particularly at level 6 where assessments are to be realistic, relevant, rigorous and appropriately sequenced in order to enhance employability. An appropriate balance of all different assessment types are used throughout the course to cater for individual learning needs and to be in line with the University's learning and teaching strategy. Group work is kept to a minimum to allow individuals to showcase their individual knowledge. The current programme is in line with current descriptors outlined in the QAA's Framework for Higher Education Qualifications (FHEQ) for students receiving a level 6 bachelors with honours degree.

The programme aims to increase the systematic understanding of key aspects within sport and exercise sciences, including acquisition of coherent and detailed knowledge that is informed by the forefront of sport and exercise science research. Indeed, the programme consists of all core modules except level 6 where students have two option modules to choose between. Keeping all elements core ensures an effective learning environment and ensures students are exposed fully to all relevant sub disciplines outlined by CASES for the BUES endorsement scheme and feeds into postgraduate study which offers similar specialisms. Due to the diversity of career pathways available to students studying sport and exercise sciences, the programme allows students to have an in depth understanding of the relevant subdisciplines throughout their study. The adoption of a work placement module at level 5 allows students to solve problems, using ideas and techniques, some of which are at the forefront of a discipline, drawing on knowledge gained from level 4 and 5.

2.5 Assessment strategy

The assessment strategy has been designed with the University's vision and strategy in mind with a variety of assessments being proposed and each student being assessed via the learning outcomes of the module where appropriate. Such assessments include:

- Level 4: MCQ, Presentations, Portfolio, Coursework, Practical, Group Project, Written Assignments, Infographics.
- Level 5: Reports, Written Assignments, Practical and Presentations
- Level 6: Presentation, Oral Assessments and Dissertation submission.

A variety of practical applied elements sit within the programme. Assessment strategies are designed specifically around each discipline and are reflective of the work-place environment.

The programme offers both formative and summative assessment opportunities to support student learning and achievement.

2.5 Assessment strategy

Formative Assessment

Formative assessments are embedded throughout various modules and serve as a valuable tool for student development. These include:

- Peer feedback sessions
- Multiple-choice questionnaires
- Kahoot quizzes

These assessments are typically reviewed and discussed during teaching sessions, giving students the chance to reflect on their performance and identify areas for improvement in preparation for summative assessments.

Summative Assessment

Assessment methods are designed to meet the needs of individual learners and groups, and they effectively measure the knowledge and learning outcomes associated with each module and the programme as a whole.

The Sport team currently provides multiple forms of feedback for summative work:

- **Turnitin QuickMarks** on submitted documents
- **Verbal feedback**, which highlights three strengths and three areas for improvement
- **Written feedback** aligned with learning outcomes

2.6 Disclaimer

Throughout quality assurance processes we have ensured that this programme engages with and is aligned to:

- [Academic Regulations](#)
- [The University Skills Framework](#)
- [Welsh Language Policy](#)
- [Equality and Diversity Policy](#)
- [The Student Union offers support for students](#)

Section 3 – Programme set up (office use only)

3.1	Framework	001
3.2	Cost centre	GASP
3.3	Course type (HESA)	N/A
3.4	Fee model	Standard full time UG
3.5	Are any modules taught over either multiple periods or across the HESA year (defined as running 1st August - 31st July)	Yes
3.6	Student funding model	Self-funded
3.7	Does the Suitability for Practice Procedure apply to the programme?	No
3.8	Programme Leader	Tom King
3.9	Date of Approval	18/07/2025
3.10	Date and type of Revision	05.08.2026: CMAP approval to change the delivery semester for SES406 and SES506 (AM1).