

# Prifysgol Wrexham Wrexham University

## Programme Specification

Please check the Programme Directory for the most up to date version:

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[PG Programme Directory](#)

### Section 1 Regulatory Details

<b>Awarding body</b>	Wrexham University
<b>Teaching institution</b>	Wrexham University
<b>Final award and programme title (Welsh)</b>	BSc (Anrh) Gwyddorau Chwaraeon ac Ymarfer Corff
<b>Final award and programme title (English)</b>	BSc (Hons) Sport and Exercise Science
<b>Exit awards and titles</b>	BSc (Ord): Sport and Exercise Science  Diploma of Higher Education in Sport and Exercise  Science Certificate of Higher Education in Sport and Exercise Science
<b>Credit requirements</b>	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)
<b>Does the programme offer Foundation Year route?</b>	Yes
<b>Placement / Work based learning</b>	Compulsory Work Placement (shared module) – mandatory placements embedded within the programme at Level 5
<b>Length and level of the placement</b>	SPT549 Tomorrows Practitioner: The Sport and Exercise Industry (80 hours)
<b>Faculty / Department</b>	Faculty of Social and Life Sciences / Sport Science Department
<b>HECoS Code</b>	100095
<b>Intake Points</b>	September
<b>Mode of Attendance</b>	Full & part time
<b>Normal Programme Length</b>	Full time: 3 years Part time: 6 years

<b>Mode of Study and Location of delivery</b>	Campus based – Wrexham and Colliers Park
<b>Language of delivery</b>	English
<b>Welsh Medium Provision</b>	The programme will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh.
<b>Professional, Statutory or Regulatory Body (PSRB) accreditation</b>	The BSc (Hons) Sport and Exercise Science degree is endorsed by the Chartered Association of Sport and Exercise Sciences (CASES)
<b>External reference points</b>	The programme has been aligned to the QAA's <a href="#">Characteristics Statement for Foundation Degrees (February 2020)</a> and the BSc to the Subject Benchmark Statement <a href="#">for Events, Hospitality, Leisure Sport and Tourism (November 2019)</a>
<b>Entry Requirements</b>	<p>The University website sets out the approved entry requirements for each programme, including minimum qualifications and English Language requirements.</p> <p>If students that have been out of education for &gt;5 years submission of a personal statement is required, even if the student has the required UCAS points.</p>
<b>Record of Prior (Experiential) learning</b>	Applicants may enter the programme at various levels with Recognition of Prior Learning (RPL) or Recognition of Prior Experiential learning (RPEL) in accordance with the University General Regulations. There are no programme specific restrictions.
<b>Is DBS check required on entry?</b>	No
<b>Does the Suitability for Practice Procedure apply to the programme?</b>	No
<b>Derogation to Academic Regulations</b>	N/A
<b>Date of Approval</b>	18/07/2025
<b>Date and type of Revision</b>	N/A

## **Section 2 Programme Details**

### **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.

### **Unique Selling Points**

The Sport and Exercise Science programme offers a scientifically grounded and highly focused curriculum, with 75 percent of its content dedicated to the core subdisciplines of physiology, psychology, and biomechanics. This strong disciplinary foundation ensures students develop a deep and coherent understanding of the biological, psychological, and mechanical principles that underpin human movement and performance. All modules up to Level 6 are core, ensuring consistent exposure to these key areas as outlined by the Chartered Association for Sport and Exercise Sciences (CASES). This structure guarantees that students are equipped with the essential knowledge and skills expected within the discipline and are well prepared for both professional practice and further academic study.

A distinctive feature of the programme is its emphasis on applied and research informed learning. Students are encouraged to engage with scientific theory in practical contexts, including sport performance, strength and conditioning, health, and occupational environments. The curriculum fosters the ability to critically interpret and apply current research, ensuring graduates are prepared to work at the forefront of sport and exercise science. This applied approach is further reinforced through assessments that are designed to be realistic, rigorous, and relevant, particularly at Level 6, enhancing both academic understanding and real world competence.

Practical skill development is central to the student experience. Throughout the course, learners engage with laboratory based methods and applied techniques, culminating in a work placement module at Level 5. This placement allows students to draw on their knowledge from earlier levels and solve practical problems in real life settings. Such experiences not only build technical capabilities but also develop critical thinking, communication, and problem solving skills that are highly valued by employers.

The programme is strongly career oriented, offering structured opportunities for students to explore pathways into graduate employment across diverse sectors. These include professional sport, physical activity and health promotion, rehabilitation, and occupational performance. Career planning and work based learning are embedded in the curriculum to

support students in transitioning confidently into the workforce. The inclusion of optional modules at Level 6 allows students to tailor their final year studies to align with specific interests or career goals, while still maintaining a broad and integrated understanding of the field.

A key strength of the programme is its comprehensive and inclusive assessment strategy, which aligns closely with the University's educational philosophy. Assessments are varied and designed to reflect the learning outcomes of each module while maintaining relevance to real world, discipline specific environments. At Level 4, students undertake multiple choice questionnaires, presentations, portfolios, coursework, infographics, and practical projects. Level 5 introduces reports and advanced practicals, while Level 6 culminates in oral assessments, presentations, and an independent dissertation. This progressive structure ensures students build the necessary academic and professional skills over time.

To support learning and development, the programme integrates both formative and summative assessment opportunities. Formative elements, such as peer feedback sessions, Kahoot quizzes, and in class multiple choice reviews, are embedded throughout modules and allow students to reflect, receive feedback, and make meaningful improvements before summative submissions. Summative assessments are designed to meet diverse learning needs and accurately measure achievement of both module and programme level outcomes. Feedback is delivered using a blend of Turnitin QuickMarks, verbal feedback highlighting three strengths and three areas for improvement, and detailed written feedback aligned with assessment criteria.

Students are fully informed of assessment expectations and requirements through detailed module handbooks, assignment briefs, and introductory lectures. These provide clarity on assessment types, deadlines, and weighting, promoting transparency and confidence across all levels of study.

Importantly, the course is designed to support individual learning and progression. Assessment types are balanced and varied to accommodate different learning styles, with minimal group work to allow individuals to showcase their personal knowledge and capabilities. This structure supports the development of academic independence and self-confidence, while aligning with the University's wider learning and teaching strategy.

Finally, the programme encourages self-reflection and personal growth. Students are supported in developing a clear understanding of their academic and professional identity through critical reflection and self-assessment activities. This reflective practice not only enhances academic performance but also contributes to the development of well rounded, self-aware graduates ready to contribute meaningfully to the sport and exercise science sector.

### **Full-time delivery**

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 & 2
4	SPT417	Academic Discovery Within the Sport Sciences	20	Core	1 & 2

Level	Module Code	Module Title	Credit Value	Core/Option	Delivery (i.e. semester 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	1
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 delivery**

Level	Module Code	Module Title	Credit Value	Core/Option	Delivery (i.e. semester 1,2)	Year of Study
4	SPT418	Human Behaviour in Sport	20	Core	2	Y1
4	SES406	Foundations of Anatomy and Exercise Physiology	20	Core	1 & 2	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	1	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

Level	Module Code	Module Title	Credit Value	Core/ Option	Delivery (i.e. semester 1,2)	Year of Study
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

# Programme Learning Outcomes

No.	Learning Outcome	K	I	S	P	Level 4	Level 5	Level 6 (Ord)	Level 6 (Hons)	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.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
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.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
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.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
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.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
5	On completion of level 4 students will be able to develop a reasoned argument.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
6	On completion of level 4 students will be able to carry out activities using appropriate techniques and procedures.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
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.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
8	On completion of level 4 students will be able to demonstrate the ability to work on individual and group tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
9	On completion of level 4 students will be able to communicate in a format suitable for the environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
10	On completion of level 4 students will be able to demonstrate an ability to manage time and work to deadlines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
11	On completion of level 5 students will be able to show an enhanced level of understanding of the need for both a multi-	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

	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.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14	On completion of level 5 students will be able to begin to take responsibility for autonomous learning and continuing professional development.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
15	On completion of level 5 students will be able to research and assess subject specific facts, theories, paradigms, principles and concepts.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
16	On completion of level 5 students will be able to develop a reasoned argument and challenge assumptions.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17	On completion of level 5 students will be able to plan, design and execute practical activities using appropriate techniques and procedures.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18	On completion of level 5 students will be able to recognise appropriate moral, ethical and safety issues relevant to their degree.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20	On completion of level 5 students will be able to utilise a range of techniques for analysis and interpretation of human performance.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

22	On completion of level 5 students will be able to communicate succinctly and eloquently in written, oral and other relevant presentation formats.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
23	On completion of level 5 students will be able to demonstrate an ability to manage a responsible, adaptable and flexible approach to study.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
24	On completion of level 5 students will be able to work in a practical environment, conducting investigations in a safe manner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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.	<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"/>	
26	On completion of level 6 students will be able to synthesise and critically analyse the knowledge acquired at level 5.	<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"/>	
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.	<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"/>	
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	<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"/>	
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.	<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"/>	

30	On completion of level 6 students will have an understanding of the philosophical basis of scientific paradigms.	<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"/>	
31	On completion of level 6 students will be able to take full responsibility for autonomous learning and continuing professional development.	<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"/>	
32	On completion of level 6 students will be able to research and critically assess subject specific facts, theories, paradigms, principles and concepts.	<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"/>	
33	On completion of level 6 students will be able to develop a reasoned argument, discriminate critically and challenge assumptions.	<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"/>	
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.	<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"/>	
35	On completion of level 6 students will be able to critically interpret data and text.	<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"/>	
36	On completion of level 6 students will be able to critically assess, evaluate and analyse information.	<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"/>	
37	On completion of level 6 students will be able to plan, design and execute practical activities and interventions using appropriate techniques and procedures.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
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.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
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.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

40	On completion of level 6 students will be able to utilise a range of techniques for analysis and interpretation of human performance.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
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.	<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"/>	
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.	<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"/>	
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.	<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"/>	
44	On completion of level 6 students will be able to work in a practical environment, planning and conducting investigations in a safe manner.	<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"/>	
45	On completion of level 6 students will be able to utilise self-reflection, evaluation and appraisal.	<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"/>	
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.	<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"/>	
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,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	

	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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	

## **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.

## **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.

## **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

### **Assessment Communication and Support**

Students are fully informed about assessment methods and component weightings for each module. This information is clearly presented in:

- Module handbooks
- Assignment briefs

Additionally, each module's introductory lecture outlines key assessment details, including:

- Assessment type
- Weighting
- Deadlines
- Student expectations

### **Academic Support**

To further support student success, the programme includes:

- Scheduled tutorial sessions with staff during WU tutorial times
- Built-in module tutorials leading up to assessment periods

These sessions help ensure that students are confident and well-prepared for their summative assessment

## **Disclaimer**

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

Academic Regulations: <https://wrexham.ac.uk/academic-regulations-policies-and-procedures/>

The University Skills Framework: <https://wrexham.ac.uk/careers/skills-framework/>

Welsh Language Policy: <https://wrexham.ac.uk/about/welsh-at-wrexham-university/>

Equality and Diversity Policy: <https://wrexham.ac.uk/about/equality-and-diversity/>

The Student Union offers support for students, please access their website

<https://www.wrexhamglyndwrsu.org.uk/>