

FACULTY OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGICAL SCIENCES AND HEALTH

SPORT AND PHYSICAL ACTIVITY

Bachelor of Science with Honours in Sport and Physical Activity

Bachelor of Science in Sport and Physical Activity

Diploma of Higher Education in Sport and Physical Activity

Certificate of Higher Education in Sport and Physical Activity

These regulations are to be read in conjunction with [General Academic Regulations – Undergraduate, Integrated Master and Professional Graduate Degree Programme Level.](#)

Place of Study

1. The programmes involve placements out with the University campuses for which students must be a member of the Protecting Vulnerable Groups (PVG) Scheme or, if already a member, must apply for an update.

Curriculum

2. **First Year** - All students shall undertake modules amounting to 120 credits as follows:

Compulsory Modules

| Module Code | Module Title | Level | Credits |
|-------------|---|-------|---------|
| B1141 | Sport in its Social, Historical and Cultural Context 1 | 1 | 20 |
| B1124 | Foundations of Physical Activity for Health | 1 | 20 |
| B1125 | Foundations of Sport and Physical Activity Psychology | 1 | 20 |
| B1110 | Introduction to Human Physiology and Nutrition | 1 | 20 |
| B1111 | Introduction to Research in Sport and Physical Activity | 1 | 20 |
| B1128 | Sports Practice 1 | 1 | 20 |

3. **Second Year**- All students shall undertake modules amounting to 120 credits as follows:

Compulsory Modules

| Module Code | Module Title | Level | Credits |
|-------------|--|-------|---------|
| B1221 | Coaching Practice and Sport Development | 2 | 20 |
| B1222 | Key Concepts in Sport and Physical Activity Psychology | 2 | 20 |
| B1224 | Physical Activity for Health, Fitness and Wellbeing | 2 | 20 |
| B1225 | Physiology of Aerobic Exercise | 2 | 20 |
| B1226 | Sports Practice 2 | 2 | 20 |

| | | | |
|-------|--|---|----|
| C8203 | Introduction to Research Design and Analysis | 2 | 20 |
|-------|--|---|----|

4. **Third Year** - All students shall undertake modules amounting to 120 credits as follows:

Compulsory Modules

| Module Code | Module Title | Level | Credits |
|-------------|---|-------|---------|
| B1310 | Placement and Professional Development | 3 | 20 |
| C8321 | Research Methods and Data Analysis | 3 | 20 |
| B1372 | Data Analytics in Sport, Physical Activity and Health | 3 | 20 |

Optional Modules*

60 credits from the list below:

| Module Code | Module Title | Level | Credits |
|-------------|--------------------------------------|-------|---------|
| B1311 | Advanced Topics in Physical Activity | 3 | 20 |
| B1345 | Sports Practice 3 | 3 | 20 |
| B1447 | Biomechanics of Human Movement | 4 | 20 |
| B1449 | Nutrition for Health and Exercise | 4 | 20 |
| | Elective Module(s)** | | 20 |

*Not all optional modules on this list will be available in each academic year.

5. **Fourth Year** - All students shall undertake modules amounting to 120 credits as follows:

Compulsory Modules

| Module Code | Module Title | Level | Credits |
|-------------|------------------------------|-------|---------|
| B1405 | Dissertation | 4 | 40 |
| B1455 | Dissertation Research Skills | 4 | 20 |

Optional Modules*

60 credits chosen from:

| Module Code | Module Title | Level | Credits |
|-------------|--|-------|---------|
| B1311 | Advanced Topics in Physical Activity | 3 | 20 |
| B1408 | Practical Project in Physical Activity | 4 | 20 |
| B1446 | Physical Education in Schools | 4 | 20 |

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|-------|--|---|----|
| B1481 | Public Health Interventions: Development and Decision-Making | 4 | 20 |
| B1451 | Physical Activity with Special Populations | 4 | 20 |
| BE405 | Sports Injury and Rehabilitation | 4 | 20 |
| | Elective Module(s)** | | 20 |

*Not all optional modules on this list will be available in each academic year.

** Notwithstanding the [General Academic Regulations – Undergraduate, Integrated Master and Professional Graduate Degree Programme Level](#) students should take no more than a total of 20 credits of elective modules.

Curriculum (Part-time study)

- Part-time students will normally take modules amounting to 60 credits in each year of study.

Progress

- In order to progress to the second year of the programme, the [General Academic Regulations – Undergraduate, Integrated Master and Professional Graduate Degree Programme Level](#) shall apply, including all modules that are prerequisites for specific second year modules.
- In order to progress to the third year of the programme, the [General Academic Regulations – Undergraduate, Integrated Master and Professional Graduate Degree Programme Level](#) shall apply including all modules that are prerequisites for compulsory third year modules.
- In order to progress to the fourth year of the programme, the [General Academic Regulations – Undergraduate, Integrated Master and Professional Graduate Degree Programme Level](#) shall apply.

Progress (Part-time study)

- See [General Academic Regulations – Undergraduate, Integrated Master and Professional Graduate Degree Programme Level](#).

Award

- BSc with Honours:** In order to qualify for the award of the degree of BSc with Honours in Sport and Physical Activity, see [General Academic Regulations – Undergraduate, Integrated Master and Professional Graduate Degree Programme Level](#).
- BSc:** In order to qualify for the award of the degree of BSc in Sport and Physical Activity, see [General Academic Regulations – Undergraduate, Integrated Master and Professional Graduate Degree Programme Level](#).
- Diploma of Higher Education:** In order to qualify for the award of a Diploma of Higher Education in Sport and Physical Activity, see [General Academic Regulations – Undergraduate, Integrated Master and Professional Graduate Degree Programme Level](#).
- Certificate of Higher Education:** In order to qualify for the award of a Certificate of Higher Education in Sport and Physical Activity, see [General Academic Regulations – Undergraduate, Integrated Master and Professional Graduate Degree Programme Level](#).