

Programme specification

1. Overview/ factual information

Programme/award title(s)	BSc (Hons) Sport Performance
Teaching Institution	Leeds City College
Awarding Institution	The Open University (OU)
Date of latest OU validation	July 2016
Next revalidation	July 2021
Credit points for the award	120 credits for BA (Hons)
UCAS Code	2C45
Programme start date	September 2016
Underpinning QAA subject benchmark(s)	Hospitality, Leisure, Sport and Tourism Subject Benchmark Statements 2008
Other external and internal reference points used to inform programme outcomes	None
Professional/statutory recognition	N/A
Duration of the programme for each mode of study (P/T, FT,DL)	Full time
Dual accreditation (if applicable)	None
Date of production/revision of this specification	July 2016

2.1 Educational aims and objectives

The overall aims of the programme are to:

- Produce learners who are prepared for further study and research, as well as professional employment in the sports performance industry.
- Foster and nurture engaging critical analysis of theories and concepts relevant to sport performance.
- Produce learners with the experience, knowledge and skills to succeed in the sports performance industry.
- Provide capable and well-rounded sport performance graduates who can make a positive contribution to the local, regional and national economy.

- Enable students to develop and extend their understanding of the methods and processes of intellectual enquiry related to sport performance.
Provide curricula, informed by external sport performance reference points, which develop a range of technical, professional, vocational, employability transferable and key skills appropriate to the level of the award.

2.2 Relationship to other programmes and awards

(Where the award is part of a hierarchy of awards/programmes, this section describes the articulation between them, opportunities for progression upon completion of the programme, and arrangements for bridging modules or induction)

N/A

3. Programme outcomes

Intended learning outcomes are listed below.

3A. Knowledge and understanding		
Learning outcomes:		Learning and teaching strategy/ assessment methods
K1	Demonstrate a thorough knowledge and understanding of complex and conflicting sport performance theories, concepts and principles.	<p>The key learning and teaching methods are designed to promote independence, allowing learners to develop individualised learning strategies and technical skills which are an essential skill for working within the performance industry.</p> <ul style="list-style-type: none"> Lectures will be utilised to impart the fundamental literature resources, key principles and concepts, which will then be embedded in practical sessions Seminars will be a mixture of student and tutor led sessions considering practical examples of the principles and concepts. Workshops and tutorials will take the form of individual support and feedback for students by tutors. E-learning screencasts will be made available to all students through Google Classroom Practical sessions will allow students time to practise and refine their training and research skills in a safe environment before undertaking necessary testing with athletes.
K2	Critically analyse and contextualise previous research from a variety of sports performance sources.	
K3	Critically evaluate and analyse primary and/or secondary data and, where appropriate, information systems in order to enable multifaceted difficulties to be addressed within the sports performance industry.	
K4	Critically analyse multifaceted sport performance theories, concepts and principles.	
K5	Evaluate the moral, ethical and legal issues, which underpin both the study and practice of sport performance.	

3A. Knowledge and understanding	
	<ul style="list-style-type: none"> • Group debates will be held to provide students an opportunity to review and critically debate examples and case studies based on the sports performance industry. • Individual research sessions will be used to supplement the theory and allow students to develop a range of employability skills. <p>Key Assessment Methods</p> <p>The key assessment methods utilised are designed to provide learners with a blend of theoretical underpinning knowledge consistent with the learning requirements at this level and to provide the practical application which would be essential when working within the performance industry.</p> <p>Demonstration and Observation Peer Assessment Modelling Simulation Problem based learning Case Study Analysis Video Play back Notational analysis Real-time feedback</p>

3B. Cognitive skills		
Learning outcomes:		Learning and teaching strategy/ assessment methods
C1	Apply the skills needed for academic study and enquiry in the sport performance industry.	As Above
C2	Appraise information and apply it to the solution of familiar and unfamiliar problems in the sport performance industry.	
C3	Decipher research from a variety of information from sports performance sources and evidence critically.	
C4	Appraise and evaluate evidence from appropriate sources to make independent judgements in relation to sport performance.	
C5	Collect and synthesise information from a number and variety of sport performance sources in order to gain coherent understanding.	
C6	Develop reasoned arguments and challenge assumptions with respect to sport performance.	
C7	Critically evaluate complex and contrasting theories encountered in sports performance.	

3C. Practical and professional skills		
Learning outcomes:		Learning and teaching strategy/ assessment methods
P1	Apply existing knowledge and understanding to complex sports performance contexts within the sport performance industry.	As above
P2	Critically evaluate and discuss the application of a range of methods to solve complex, multi-faceted problems within sport performance.	
P3	Operate autonomously with limited supervision or direction within agreed guidelines and / or constraints.	
P4	Participate effectively in interdependent learning activity and function effectively as an independent learner.	
P5	Operate ethically in complex sport performance contexts, requiring selection and application from a wide range of standard or innovative sport performance.	

3D. Key/transferrable skills		
Learning outcomes:		Learning and teaching strategy/ assessment methods
T1	Communicate clearly, fluently and effectively in a range of styles appropriate to the context.	As above
T2	Engage effectively in academic discussion and present arguments in a professional manner.	
T3	Use problem-solving skills in a variety of theoretical and practical situations.	
T4	Think and operate in an independent manner.	
T5	Manage time and prioritise workloads.	

3D. Key/transferable skills		
T6	Demonstrate proficiency in collecting, storing and organising, assessing, evaluating, analysing, and synthesising information and data.	

4. Programme Structure

Programme Structure - LEVEL 6		
Compulsory modules	Credit points	Compensatable
Applied Nutrition for Athletes	20	Yes
Dissertation	40	No
Research Methods	20	Yes
Sport Science	20	Yes
Performance Analysis in Practice	20	Yes

[Please insert here information on any exit awards available at this point (name of award/ a minimum no. credit points)]

Programme Structure

Overview of structure of the modules across the Academic Year.

Level 6:

The programme at level 6 challenges the learner to become more independent by providing them with more autonomy, for example, giving them the opportunity to choose the subject matter that they want to research as part of the Research Methods and Dissertation Modules. To supplement this, the learners will need to utilise skills such as critically analyse, critically evaluate or synthesise within the Applied Nutrition for Athletes and Sport Science modules, which aim to provide opportunities for further develop and enhance their academic knowledge and understanding sports performance. It is envisaged, that these two modules will provide them with the necessary skills to apply, within the sport performance industry, the knowledge and understanding gained. Finally, learners will undertake the Performance Analysis in Practice module in which they will develop their understanding and practical application of performance analysis software, providing learners with the necessary experience to allow employment within the sports performance industry.

To complete the course on a full-time basis, students will attend for one academic year and for those who wish to study through the part-time option, they will attend three semesters over 18 months. The Research Methods module is presented in Semester 1 for the full time students, to allow students to plan construct and review their dissertation topic and study design prior to it being finalised before ethical approval. Although, in the part-time course a conscious effort has been made to limit the time between completion of the Research Methods module and the commencement of the Dissertation module. Allowing students to take full advantage of the time provided in the dissertation module and to limit students forgetting key information presented in the Research Methods module such as statistical analysis or study design.

Throughout the structure of the programme, the emphasis is placed on the acquisition of knowledge and understanding and the development of professional skills, capabilities and personal qualities to act on that knowledge. Throughout the programme, students are required to engage critically, to facilitate a holistic understanding of the key features of sports performance. Students are encouraged to develop their full potential in a challenging, enterprising and stimulating learning environment, in which there is a strong emphasis on developing autonomy, resourcefulness and the abilities to manage themselves and others.

BSc (Hons) Sport Performance Full-Time Structure

Semester 1	Semester 2
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Applied Nutrition for Athletes (20 Credits)	Performance Analysis in Practice (20 Credits)
Research Methods (20 Credits)	Sport Science (20 Credits)
Dissertation (40 Credits)	

BSc (Hons) Sport Performance Part-Time Structure (3 Semesters)

Semester 1	Applied Nutrition for Athletes 20 Credits	Sport Science 20 Credits
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Semester 2	Performance Analysis in Practice 20 Credits	Research Methods 20 Credits
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Semester 3	Dissertation 40 Credits
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5. Distinctive features of the programme structure

- Where applicable, this section provides details on distinctive features such as:
- where in the structure above a professional/placement year fits in and how it may affect progression
- any restrictions regarding the availability of elective modules

where in the programme structure students must make a choice of pathway/route

- The BSc (Hons) Sport Performance Programme is subject to high levels of employer engagement in areas such as curriculum and module design. Employer engagement is encouraged throughout the programme in curriculum development, evaluation and self-sourced placements.
- Students have access to a range of facilities including: indoor and outdoor sports facilities, a fitness testing room and a dedicated strength and conditioning room.
- Students have been provided with a Chromebook to facilitate their learning at college
- Strong teaching team in terms of variety of sports performance industry experience and academic and professional qualifications.
- Google Classroom, the College's VLE, is used extensively to support learning.
- The Sports department has worked with various employers and has excellent links with organisations such as: Farsley Celtic Football Club, Bradford City Football Club, Leeds United Football Club, West Riding County Football Association, Leeds Carnegie RUFC, Leeds Rhinos RLFC, Harrogate Harriers Athletics Club and Prozone®.
- The HE Sport programme team is also in the fortunate position to offer overseas placements for students in Örebro, Sweden working with elite athletes and at the National Institute of Sport in Vierumäki, Finland. This is an area we are actively looking to expand upon.
- Students have the opportunity to engage in empirical research in an area of their choice.
- Students are able to apply theoretical concepts into practice while networking with potential employers.
- LCC has established an exclusive partnership with the world's leading performance analysis company Prozone®. The Prozone® partnership offers exclusive access to elite performance data, a qualification in performance analysis and offers the opportunity to gain industry recognised experience as a sports performance analyst.

6. Support for students and their learning

LCC offers a tailored induction process which begins before students arrive with the admissions team and is reinforced through the detailed induction programme with the Higher Education Sports Department.

The LCC VLE, Google Classroom, is used to enable students to access resources from lectures plus additional reading, resources and activities in their own private study time. They are directed to on-line resources for research as well e-books through the LCC library catalogue. Turnitin plagiarism software is utilised so that they can improve their referencing skills and then also is used by tutors to provide detailed written feedback. There are also opportunities for blogs, forums, collaborative and peer learning and support through google classroom which are used to ensure both equality of learning experiences and opportunities for further challenge and research supplementary to the main delivery in the classroom. Regular discussions and support sessions through software (Skype, Google Hangouts) are provided by teaching staff for part-time students.

All of the necessary information about the programme is provided in the Google Classroom Course Page, making it easy for students to gain access to the necessary course handbook, module handbooks, the higher education rules and regulations and surveys for student feedback.

There is an extensive range of learning resources in the Library, supported by specialist staff who also provide online bespoke study skills videos for students.

The College provides an extensive range of services for students, including support for those with specific learning needs.

Each student is allocated a tutor for regular tutorials, personal development planning and assignment progress reviews. The tutorials are completed and monitored by the use of the college wide system Promonitor, which allows for an internal review of the induction process, students' timetables and assignment grades.

Students have access to classroom facilities with computers, interactive whiteboards and projectors for media playback. Digital recording devices are available for loan from libraries. Where students have their own devices such as tablets and laptops, they will be encouraged to use them to support learning and demonstrate their use beyond personal entertainment.

7. Criteria for admission

Foundation Degree in a Sports-Related subject with a 55% module average in year 2 (Level 5) or a Higher National Diploma in a Sports-Related subject based on a 50% merit or above profile in year 2.
GCSE Grade C in English and Maths (or equivalent).

In the absence of formal learning qualifications applications are welcomed from persons who can demonstrate relevant work experience, including work in a voluntary capacity (e.g. working at a professional club/organisation with full time elite athletes). The course structure actively supports claims for Accreditation of Prior Learning (APL).

International qualifications will be assessed against these criteria. Speakers of other languages will need to possess an IELTS band score of 6.0 (with no-less than 5.5 in any one element) or a recognised English Level 2 qualification.

Students will be subject to the DBS (*Disclosure of Barring Services*) process which will be applied for at the start of the course.

All applicants will be interviewed to assess their suitability for this programme of study and may be asked to provide evidence to support their application (e.g. accredited qualifications from sporting National Governing Bodies).

8. Language of study

English

9. Information about assessment regulations

Dissertation – non compensatable

10. Methods for evaluating and improving the quality and standards of teaching and learning.

All HE programmes at LCC are subject to the Quality Management and Enhancement processes, in addition to those carried out by Teesside University. Inline with the University processes all learners complete evaluation forms at the end of each module, each year and at the end of the programme. The Module Leaders also produce end of module reports with information drawn from the evaluations, and consultations with students. Additionally all team members are required to attend HE staff development sessions at least twice per year, these sessions are designed to share good practice, enhance teaching skills, improve quality of programmes and strengthen any areas of concern which may have arisen. All team members have to attend five programme specific team meetings per year, in addition to general team meetings and as well as three Award meetings, all with pre-set agendas, and the Award Leaders have to attend Pathway Committee Meetings and Heads of Higher Education attend HE Committee Meeting – all of which consider quality management. All new staff to the programme are supplied with a dedicated mentor and a full induction, with extra supervision over their first year in many forms such as additional peer observations, and all students groups have student representatives who meet termly with senior management staff to discuss the programmes progress and any considerations which may have occurred. Finally all programmes utilise a peer review system and attend an annual planning event which considers all aspects of the programme and any feedback taken.

Annexe 1: Curriculum map

Map of Outcomes to Modules

Module Name	Outcome Key																						
	K1	K2	K3	K4	K5	C1	C2	C3	C4	C5	C6	C7	P1	P2	P3	P4	P5	T1	T2	T3	T4	T5	T6
Applied Nutrition for Athletes	✓	✓	✓					✓			✓	✓	✓	✓							✓	✓	
Research Methods			✓		✓			✓		✓				✓				✓	✓				✓
Performance Analysis in Practice	✓					✓	✓		✓				✓		✓		✓			✓		✓	✓
Sport Science	✓	✓		✓	✓				✓	✓		✓			✓	✓	✓	✓	✓		✓		
Dissertation			✓	✓		✓			✓	✓	✓				✓	✓		✓	✓	✓			✓

Annexe 2: Teaching and Learning Grids

Map of Teaching and Learning Methods

Level 6

Year: 2016 – 2017

	Lectures	Seminars	Tutorials	Independent Research	E-Learning Activities	Practical	Workshop	Visits
Applied Nutrition for Athletes	✓	✓	✓		✓	✓	✓	✓
Research Methods	✓	✓	✓	✓	✓	✓	✓	
Performance Analysis in Practice	✓	✓	✓		✓	✓	✓	✓
Sport Science	✓	✓		✓	✓	✓	✓	
Dissertation	✓	✓	✓	✓	✓	✓	✓	

Annexe 3: Assessment Grids

Map of Assessment Methods

Level 6

Year: 2016 – 2017

	Position Stand	Dissertation	Case Study	Literature Review	Presentation	Essay	Written Report	Class based assessment
Applied Nutrition for Athletes	60% (2500 Words)							40% (2500 words equiv.)
Research Methods				50% (2500 Words)				50% (2500 words equiv.)
Performance Analysis in Practice					50% (20 Minutes)	50% (2500 Words)		
Sport Science			50% (2500 Words)				50% (2500 Words)	
Dissertation		70% (6000 Words)		30% (4000 Words)				

