



## HIGHER EDUCATION

**Foundation Degree in Sports Performance and Exercise**

**PROGRAMME HANDBOOK 2022/23**



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# 1 Welcome

## 1.1 Welcome from the Principal



I am delighted to have this opportunity to welcome you and thank you for choosing to study a Higher Education course with us.

Our provision continues to be commended externally. In a recent HE inspection, carried out by the Higher Education Quality Assurance Agency in May 2016 (The QAA inspects all Universities and colleges) the high quality of our HE programmes was confirmed and it was noted that our approach to supporting and facilitating scholarly activity and the implementation of our new Virtual Learning Environment were areas of good practice.

We regularly seek the views of our students on the quality of their courses and use this information to make improvements. Student satisfaction is consistently high, with students commenting on the level of support provided and the quality of feedback they receive on their work.

At University Centre Leeds we know that the whole Higher Education experience is at the heart of student success. That's why, in addition to the actual teaching and learning experience, our campuses have a friendly, supportive atmosphere and we offer a range of support services which cater for individual needs.

We hope you enjoy your time with us.

**Bill Jones**  
**Deputy Chief Executive & Principal of Luminare Education Group**

## 1.2 Welcome from the course team

Welcome to the Department of Sport and Health and in particular the Foundation Degree in Sport Performance and Exercise.

This handbook provides you with information about your Foundation Degree in Sport Performance and Exercise (which is validated by Leeds City College), the department, your responsibilities as a student, support available to you, in addition to information about assessment and other regulatory issues.

Now that you have enrolled, our aim is to offer you all possible help and support to enable you to gain the qualification, prepare you to be successful in the Sport and Exercise industry and also for progression onto a BSc (Hons) Degree top-up course if that is your choice.

The team is looking forward to meeting you and hopes that your time in Leeds is both enjoyable and successful.

Best wishes to you in your future studies.

Liam Toomes  
Programme Manager of the Sport Department.

### **1.3 Which Department is my course in?**

We are in the Department of Health and Sport. This is a department focused on healthcare, improving the health status of the Leeds citizens and increasing sport participation in the local community.

The Higher Education Sport department runs a mixture of Sport courses all designed to suit the needs of employers and students alike.

Head of Health and Sport: Rebecca Fores

Deputy Head of Health and Sport: Jacqueline McPartlan

HE Sport Programme Manager: Liam Toomes

Student Support Manager: Ruth Tolson

Course Leaders: Lee Chapman and Adam Brown

Study Skills Sports Coach: Samuel Gatenby

The overall aim of the department is to fully prepare students so that they have the knowledge, skills and attributes required for a career in the Sport sector.

## **1.4 What facilities are available?**

Our University Centre encourages collaboration and inclusivity. Breakout rooms, study areas, IT suites and Wifi are standard. As a HE Sport student, you will also be given membership to the Gym Group Gymnasium. This is a fantastic facility with the latest up to date sporting equipment including cardiovascular, weight training and strength and conditioning equipment. At the University Centre we have a Sport Science laboratory which offers space for physical strength, speed, agility and aerobic capacity testing. In addition, we have multiple virtual reality headsets to encourage participation in Esports.

For further practical assessments and teaching The Edge, Gryphon Centre (Sports halls / Leisure Centre) and Powerleague (3G Pitches) is used to ensure students receive the best environment for their studies.

## **1.5 What can I do once I graduate?**

On successful completion of the foundation degree, you can apply to progress onto BA (Hons) in Sports Degree Courses at a range of educational institutions to do a top-up degree or progress onto a related career pathway.

Alternatively, the foundation degree contains many key skills and competencies to acquire employment in sport coaching at school or sports club settings. Specifically, the course is designed to give you experience of leading group activities and new coaching approaches to secure immediate employment as a multisport coach or self-employed sports coach. However, after completion of the foundation degree and with some additional training, you can become a sport specific coach, a teaching assistant or a cover supervisor in schools.

## **2 About your course**

### **2.1 Welcome to the course**

The Foundation Degree in Sport Performance and Exercise Course is designed to ensure that you cover a broad range of modules, which will equip you for employment within the sport sector. The programme offers modules, which combine a range of theoretical and practical elements designed to provide you with the skills needed in the workplace, as well as the academic rigour appropriate to a Higher Education programme.

You will be introduced to a range of concepts that underpin the programme and which are essential to operate at a supervisory and/or management level.

You are provided with the underpinning knowledge and expertise to progress either into the employment market or to continue your studies at a Further or Higher Education Institution offering an appropriate top-up degree.

### **2.2 Aims of the course**

- Produce learners with the experience, knowledge and skills to succeed in the sports performance and fitness industries.
- Provide a challenging high quality, research informed vocational programme in the sports performance and fitness industries
- Promote a holistic approach to lifestyle management with athletes, teams and individuals across sport and fitness industries
- Provide students with an opportunity to complete an empirical study in a sports performance and exercise context.
- Develop the training and fitness demands of sport performance and exercise industries
- Produce capable and well-rounded independent and reflective graduates who will contribute to the skill base of the sports performance and exercise sectors within the local economy and region
- Develop criticality of common approaches to promote health benefits and their application within the sports performance and fitness industries
- Produce learners who are prepared for further study and research, as well as professional employment in the sports performance and exercise industries.
- Enable learners to progress onto a BSc (Honours) Degree relevant to the sports industry



## 2.3 Course Learning Outcomes

<b>Learning Outcomes</b>	
<b>Knowledge and Understanding</b>	
<b>K1</b>	Demonstrate knowledge and understanding of theories or concepts utilised within a Sports Performance and Exercise context.
<b>K2</b>	Explore and investigate challenges within the Sports Performance and Exercise industries
<b>K3</b>	Analyse a range of current techniques utilised within the Sports Performance and Exercise industries
<b>Cognitive/Intellectual Skills</b>	
<b>C1</b>	Judge evidence from an array of sources related to Sports Performance and Exercise contexts.
<b>C2</b>	Evaluate theories within academic literature, using balanced, logical and supported arguments within Sports Performance and Exercise
<b>C3</b>	Reflect on own performance and personal development in a Sports Performance and Exercise context.
<b>Practical/Professional Skills</b>	
<b>P1</b>	Critically apply practical measures to problem solve within the Sports Performance and Exercise industries
<b>P2</b>	Operate independently in complex situations by demonstrating skills of critical thinking.
<b>P3</b>	Analyse the impact and application of current approaches in the Sports Performance and Exercise industries
<b>P4</b>	Practice a range of standard or innovative techniques within the Sports Performance and Exercise performance industries
<b>Key Transferable Skills</b>	
<b>T1</b>	Communicate clearly, fluently and effectively in a range of styles appropriate to the context.

<b>T2</b>	Engage effectively in academic discussion and present arguments in a professional manner
<b>T3</b>	Use problem-solving skills in a variety of theoretical and practical situations.
<b>T4</b>	Think and operate in an independent manner.
<b>T5</b>	Demonstrate an effective contribution to team working.

## 2.4 What will I learn?

<b>Level 4</b>			
<b>Semester 1</b> Weeks 1-15	Psychology of Sport and Exercise (20 credits)	Lifestyle Management (20 credits)	Professional Development (20 credits)
<b>Semester 2</b> Weeks 16-30	Training and Fitness (20 credits)	Alternative Physical Activity (20 credits)	Sports Analysis (20 credits)

<b>Level 5</b>			
<b>Semester 1</b> Weeks 1-15	Leadership and Management (20 credits)	Strength and Conditioning for Exercise and Performance (20 credits)	Independent Study (20 credits)
<b>Semester 2</b> Weeks 16-30	Work Related Learning (20 credits)	Nutrition for Exercise and Performance (20 credits)	Injury Rehabilitation (20 credits)

## Part time

### Year 1

<b>Level 4</b>		
<b>Semester 1</b> Weeks 1-15	Psychology of Sport and Exercise (20 credits)	Lifestyle Management (20 credits)
<b>Semester 2</b> Weeks 16-30	Training and Fitness (20 credits)	Alternative Physical Activity (20 credits)

### Year 2

<b>Level 4</b>	<b>Semester 1</b> Weeks 1-15	Professional Development (20 credits)	Sports Analysis (20 credits)
<b>Level 5</b>	<b>Semester 2</b> Weeks 15-30	Nutrition for Exercise and Performance (20 credits)	Injury Rehabilitation (20 credits)

### Year 3

<b>Level 5</b>		
<b>Semester 1</b> Weeks 1-15	Leadership and Management (20 credits)	Strength and Conditioning for Exercise and Performance (20 credits)
<b>Semester 2</b> Weeks 16-30	Independent Study (20 credits)	Work Related Learning (20 credits)

## 2.5 How will I be taught?

A mixture of lectures, tutorials and seminars will be used. The lecture programme will impart the necessary principles and concepts. The seminars will be a mixture of student and tutor led sessions considering practical examples of the principles and concepts. The tutorials will take the form of individual support and feedback for students by tutors or

other students. Tutor led sessions will be held to provide an opportunity for students to work on examples and case studies in the areas covered by the lectures.

Student-led tutorials will consist of action learning activities, discussion groups and report-back sessions which allow students to develop their research, communication and teamwork skills.

The Foundation Degree in Sport Performance and Exercise Course is designed to offer a flexible approach to learning and teaching and include a range of strategies designed to meet the need of learners with varied learning styles and personal circumstances, whilst reflecting best practice in knowledge and skills development in the subject area and the requirements of the course itself. The course will address a range of skills and other attributes. The learning and teaching strategy adopted, will enable all the students to develop an understanding of their own role and that of organisations within the changing context of the wider environment and contemporary thinking in relation to relevant employment practice. Drawing upon documentation, policy, practice and experience from the workplace, this will involve the learner in being able to describe, explain and evaluate the breadth of roles, functions and responsibilities of organisations and individual practitioners. By applying the related academic learning to the workplace, students will be encouraged to engage in critical thought and to reflect upon current occupational practice.

Developing students to become lifelong-learners is central to the learning and teaching strategy for the course and as such all, the learning and teaching methods across the course are designed to encourage all students to take a more independent approach to their learning.

As the Foundation Degree in Sport Performance and Exercise course is a Higher Education qualification, you will be expected to demonstrate a certain level of independence in your learning. Making a thorough set of notes during lectures and seminars, while carrying out additional reading can provide an excellent base for your assignment tasks.

## **2.6 How will I be assessed?**

The assessment strategy used within the Foundation Degree in Sport Performance and Exercise Course is designed to enable all of the students to demonstrate that they have achieved the learning outcomes specified for all the modules and the course. The assessment process is an integral part of teaching and learning and as such, supports and complements the learning strategy, in order to ensure that the required outcomes are achieved.

In order to satisfy the principles of assessment, a range of assessment methods are used. The aim is to achieve learning through which knowledge is based on both understanding and application. Both the task and the assessment criteria are clearly explained to students within the module handbook.

Assessment strategies used within the course include methods such as, reports, case studies, reflections, exams, vivas, presentations, practicals, poster presentations and client consultations.

See Appendix 3 for Assessment Grid





You will have opportunities to engage in a range of activities in addition to your Higher Education studies, volunteering, student societies, playing in University Centres' sports teams and being a student academic representative.










### 3 Student Support System





#### 3.1 Registry Office

The Registry Office has an overarching responsibility for the operation of the Higher Education provision.

We are committed to providing a supportive and positive environment for all members of our community. However, we recognise that there will be times in everybody's University life when things do not go as well as they would wish. In times like these, there is a comprehensive support and welfare structure available to help with all kinds of different problems. If you have a question or want information or need help over and above that which your tutors are able to provide then contact the Higher Education Registry Office. If we cannot help you immediately, we will let you know who can help you, and in many cases, book an appointment for you if required.

	Janet Faulkner Dean of Higher Education <a href="mailto:Janet.faulkner@ucl Leeds.ac.uk">Janet.faulkner@ucl Leeds.ac.uk</a> 0113 2354692
	Sarah Marquez Associate Dean of Higher Education <a href="mailto:Sarah.wilson@ucl Leeds.ac.uk">Sarah.wilson@ucl Leeds.ac.uk</a> 0113 2354864
	Vicky Sunderland HE Registrar <a href="mailto:Vicky.sunderland@ucl Leeds.ac.uk">Vicky.sunderland@ucl Leeds.ac.uk</a> 0113 2354566
	Jenna Wilkinson HE Admissions Officer <a href="mailto:Jenna.wilkinson@ucl Leeds.ac.uk">Jenna.wilkinson@ucl Leeds.ac.uk</a> 0113 2354450
	Katherine Connorton HE Policy and Compliance Officer

	<a href="mailto:hequality@ucl Leeds.ac.uk">hequality@ucl Leeds.ac.uk</a> 0113 2354407
	Sam Lee HE Data Analyst <a href="mailto:Sam.lee@ucl Leeds.ac.uk">Sam.lee@ucl Leeds.ac.uk</a> 0113 2846513
	Caroline Harnett-McMillan HE Administration Lead <a href="mailto:Caroline.harnett-mcmillan@ucl Leeds.ac.uk">Caroline.harnett-mcmillan@ucl Leeds.ac.uk</a> 0113 2354419
	Greg Nickerson HE Administration Assistant <a href="mailto:Greg.nickerson@ucl Leeds.ac.uk">Greg.nickerson@ucl Leeds.ac.uk</a> 0113 2354484
	Makeela Tisdell HE Administration Assistant <a href="mailto:Makeela.tisdell@ucl Leeds.ac.uk">Makeela.tisdell@ucl Leeds.ac.uk</a>
	Laura Macgregor HE Progression and Wellbeing officer <a href="mailto:Laura.macgregor@ucl Leeds.ac.uk">Laura.macgregor@ucl Leeds.ac.uk</a> 0113 22354876
	Nena Skrbic HE Research and Development Officer <a href="mailto:Nena.skrbic@ucl Leeds.ac.uk">Nena.skrbic@ucl Leeds.ac.uk</a> 0113 2354894
	Simon Wilson HE Learning Support Officer <a href="mailto:Simon.wilson@ucl Leeds.ac.uk">Simon.wilson@ucl Leeds.ac.uk</a> 0113 2846389
	Emma Lockwood HE Student Support Manager <a href="mailto:Emma.lockwood@ucl Leeds.ac.uk">Emma.lockwood@ucl Leeds.ac.uk</a> 0113 2846330
	Sonia Ghafoor HE Learning Support Officer <a href="mailto:Sonia.ghafoor@ucl Leeds.ac.uk">Sonia.ghafoor@ucl Leeds.ac.uk</a>

	Sasha Joseph HE Mental Health/Learning Support Officer <a href="mailto:Sasha.joseph@ucleeds.ac.uk">Sasha.joseph@ucleeds.ac.uk</a>
	HE Research Librarian <a href="mailto:David.Hartshorne@harrogate.ac.uk">David.Hartshorne@harrogate.ac.uk</a> 0113 2354697
	Jo Tyssen Head of WP, Outreach and Projects <a href="mailto:Joanne.tyssen@ucleeds.ac.uk">Joanne.tyssen@ucleeds.ac.uk</a> 0113 2354510
	Sophie Clayton NCOP Outreach Officer <a href="mailto:Sophie.clayton@ucleeds.ac.uk">Sophie.clayton@ucleeds.ac.uk</a> 0113 2354661
	TBC HE Engagement and Promotions Officer
	TBC
	Donna Marshall HE Curriculum Administrator (Evenings) <a href="mailto:Donna.marshall@ucleeds.ac.uk">Donna.marshall@ucleeds.ac.uk</a> 0113 2354876

### 3.2 Who is going to teach me?

Your module lecturers are the members of the University Centre staff who you will have most contact with. Their job is to manage and deliver their part (module) of your programme of study, assess and grade your work, and also give you continuous feedback on how you're doing.



Lecturers aim to develop adult, professional relationships with students. You are encouraged to voice any concerns that you might have about your work with the lecturer concerned.

Our job is to do all we can to help you succeed but we can't do this unless you talk to us about anything that is worrying you.

You will be allocated a personal tutor whose job it is to deal with any problems that can't be settled at lecturer level, plus more general concerns that you might have, for example any problems you might have which may be affecting your work.


The Programme Manager (PM) has overall responsibility for the running of the Foundation Degree and the well-being of the students.

The department has a number of roles that are assigned to staff. Listed below are the team members and their key roles and research interests.

	<p><b>Programme Manager</b> Liam Toomes</p> <p><a href="mailto:Liam.toomes@leeds.citycollege.ac.uk">Liam.toomes@leeds.citycollege.ac.uk</a> 0113 2162460</p>	<p>My background is based on improving athletes' fitness and physiological performance. The qualifications I possess are an MSc in Sport and Exercise Science and a Post Graduate Diploma in Education. I have previously worked with athletes from the Great Britain Basketball team at the London 2012 Olympics. My main research interests are the effect high intensity interval training on the health status of young adults, the effect of small-sided games on biochemical variables in training and the use of small-sided games as a conduit for high intensity interval training.</p>
	<p><b>Student Support Manager</b> Ruth Tolson</p> <p><a href="mailto:ruth.tolson@leedscit.college.ac.uk">ruth.tolson@leedscit.college.ac.uk</a></p>	<p>My background is in teaching Physical Education with a focus on KS4 and 5 examination subjects. The qualifications I possess are a PGCE in Physical Education with an MA in Teaching and Learning where I focused on using effective questioning within educational settings to enhance learning. I have previously worked on cruise ships around the world. My research interests are in the use and development of the PE National Curriculum and Creative methods of Engaging more females in Sport.</p>



	<p><b>Curriculum Leader</b> Adam Brown</p> <p><a href="mailto:Adam.brow@leedscietycollege.ac.uk">Adam.brow@leedscietycollege.ac.uk</a></p> <p>0113 2162460</p>	<p>Adam has worked in a number of different sports coaching and development roles including coaching for Leicestershire CCC working with all age groups including senior squads. As part of this role he received a Sky Sports Coaching Award for Outstanding Contributions and Services to Coaching. He is currently head of men's cricket at the University of Huddersfield. He has also worked with The Rugby Football League as a mentor to the elite young match officials before moving onto work for England Athletics as Club and Coach Support Officer where he was tasked with developing coaches on the Local and National Coach Development Programme as well as working alongside national event leads. My research interests are specialising in the effect of implicit and explicit performance interventions on athlete learning as well as the impact of coaching behaviour on learner engagement and achievement.</p>
	<p><b>Curriculum Leader</b> Lee Chapman</p> <p><a href="mailto:Lee.chapman@leedscitycollege.ac.uk">Lee.chapman@leedscitycollege.ac.uk</a></p> <p>0113 2162460</p>	<p>I have a background in Sport and Exercise Science and Fitness Instruction. My main subject area is Sports Psychology and the way it impacts on participants in sport and coaching. I have worked for Leeds City College since 2007. In previous work I have been both a fitness instructor and manager in the commercial sector. My research interests are in the utilisation of imagery to increase sports performance, the use of positive self-talk to increase pre fight preparation in professional mixed martial arts (MMA) fighters and the nutritional proficiencies of ergogenic aid in MMA.</p>

	<p><b>Skills Coach</b>  Sam Gatenby  <a href="mailto:samuel.gatenby@leeds.ac.uk">samuel.gatenby@leeds.ac.uk</a>  <a href="http://leeds.ac.uk">leeds.ac.uk</a></p>	<p>My background is in sports coaching having completed the BA (Hons) Sports Coaching degree with 1st class honours. I have performed performance analysis on a number of cricket competitions and for Yorkshire County Cricket Club. My role at the university is to support students in achieving the best grade possible for them and to help them develop their independence.</p>
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For each module, the module leader will set out the preferred method of communicating general information about that module to you, which may be by e-mail or notices posted on the VLE.

### 3.3 What study facilities are available in the Learning Resource Centre (LRC)?

University Centre Leeds LRCs are located across its campuses and centres. The main HE-supporting library is located in the University Centre. LRCs provide accessible and supportive study facilities for students, including multiple spaces for individual and group study, personal computers, and multifunctional devices for printing, photocopying, and scanning.

Information about LRC opening hours, contact details, facilities and resources is available on the LRC website, accessible from the College's Student Intranet, and the College's G suite for Education

#### What learning and research resources are available?

The LRC's learning and research resources are provided in a range of formats relevant to student needs, including:

- an extensive collection of printed books and e-books, including reading list titles and other academic books, fiction, non-fiction, and comics;
- a broad range of online periodicals, including academic journals, magazines and newspapers;
- other collection items, including DVDs, audiobooks, and games; and
- academic and study skills support guides.

HE students are entitled to borrow up to ten collection items at a time. Most items will have automatic renewals up until the end of the academic year unless reserved by another student. There are also one-week loan items, and reference items that may be consulted in

the LRC but not borrowed. **PLEASE NOTE:** Students must present their student ID card to borrow books and other LRC collection items. Fines apply to items not returned when reserved by another person or by a final due date.

The LRC's online resources are made available through the LRC website, which is accessible on or off campus. Students may search the LRC's book collection and directly access e-book and e-journal collections using the LRC's online discovery tool 'Search+'.

### **How can I get advice and support?**

HE students are supported by a team of librarians, based both in the campus LRCs and in the University Centre Library. Students also have their own full time HE and Research Librarian based at University Centre. Librarians work with curriculum staff to ensure that relevant, accessible resources are available to students. Librarians provide dedicated support to HE students in developing their academic literacy and study skills. Support sessions are available on Web and LRC-based research skills, academic referencing, academic reading and writing, and study skills. One-to-one and group support sessions may be booked with librarians in person, by email, or through the LRC website. Students will be introduced to their librarian during the induction week.

A team of Study Support Officers are also available in LRCs to assist students with locating and borrowing books and other materials, using LRC facilities, and making the most of the College's learning and study resources.

## **3.4 Study Facilities**

Our newly refurbished University Centre provides a range of study facilities, accessible only to Higher Education students, in the Study Zone and library, where you can seek help with academic writing, referencing etc. In the Study Zone you will find a combination of individual and small group study areas with access to PCs. In addition to the provision of PCs there are also a small number of MACs available for use.

Our other campus' also provide HE specific study spaces which will be pointed out to you during your induction.

## **4 Your responsibilities as a student**

### **4.1 What are my responsibilities?**

It is your responsibility as a student to comply with the scheme, course and module requirements for attendance and for completion of assessments. This includes meeting deadlines for assessments. In order to achieve this you should be aware of the following Core Principles:

- Be Respectful – For example, ensure your interactions are always respectful and professionally conducted and College facilities are appropriately used.
- Be Sensitive – For example, be aware of your language and behaviour to ensure it respects others and recognises diversity.
- Be Understanding – For example, ensure there is mutual respect by listening to others (be aware your voice may be more easily heard in some venues than others).
- Be Punctual – For example, make sure you arrive, start and finish on time. Let the appropriate person know if you are delayed. To avoid disruption to others, late entry to a session/appointment may not be possible.
- Be There – For example, actively participate to get the most out of the time available.
- Be Prepared – For example, make sure you have done the necessary preparatory work. If insufficient preparation has been done it may not be possible for the planned activity to take place. Students who have attempted but had difficulty with preparatory work should bring this to the attention of the relevant staff member.
- Be Considerate – For example, use mobile phones and electronic devices with an awareness of how this might impact on others.

Please note that the College has a Promoting Positive Relations and Supporting Behaviour Policy 21/22 which can be found at [Promoting Positive Relationships and Supporting Behaviour Policy, 2021/22 updates v1.5.docx \(ucl Leeds.ac.uk\)](#)

#### **4.2 Where can I find out about general student regulations?**

These are available via the following [UC Hub - Awarding Bodies \(google.com\)](#)

#### **4.3 What if I'm an international student?**

There are new requirements relating to immigration procedures in the UK with the introduction of the Points-Based System. Information is available at: <https://www.gov.uk/browse/visas-immigration/student-visas>

#### **4.4 Are there any guidelines about attendance?**

The modules on the course will help you to develop both skills and academic knowledge. Most modules will require you to undertake formative work, which will help you to apply your knowledge and understanding, which in turn will help you to achieve a good grade in the summative assessments. Therefore it is important that you attend regularly. Research has demonstrated a clear link between attendance and success rates therefore we recommend that a minimum attendance of 80% is maintained.

The University Centre policy is to withdraw a student from a course if they do not attend for 4 consecutive weeks. The Student Loans Company will be informed of your withdrawal and will then stop any future payments to your account. Therefore, it is important that you contact the Programme Manager if you are going to be absent for any length of time.

During your course of study, there will be times when you are not able to attend classes because of illness, personal and domestic crises. It is therefore all the more important that you do attend when you are able to otherwise it is very easy to lose the thread of what is going on and become disheartened.

We do not advise that you take holidays in term time. Please see the HE calendar in Appendix 1 for details.

If you are absent you must telephone or email your personal tutor to notify them. Doctor's notes will be required for absences of more than a couple of days or recurring illness. Please keep your module tutors informed if you are having difficulty attending your classes for whatever reason. We are here to support you but cannot do that unless you keep us informed of problems you are experiencing.

**Please note – Those students who are eligible for a bursary will find that their payments will be cancelled if they have not met the minimum attendance requirement, and we do not receive a sick note covering any periods of absence, and/or are not up-to-date with their assessed work. (Please see the Bursary Policy on the VLE for full details)**

If you are absent through illness immediately prior to an examination or assignment deadline and wish to submit a case for mitigating circumstances, you must provide us with details and any available evidence as soon as possible.

If you are absent through illness on the day of an examination or assignment deadline, you must also provide us with details and any available evidence as soon as possible.

Depending on the nature of your illness you may be able to apply for Mitigating Circumstances. For information please see the Student Guide to Extensions and Mitigation which can be found on the VLE.

You can hand in or send medical certificates to Liam Toomes (Programme Manager).

### **Notification of infectious disease**

If you have been diagnosed with or have had contact with an infectious disease, you must notify us in writing within 24 hours of diagnosis. You must not return to College until a medical practitioner's certificate of clearance has been submitted.

## **4.5 What do I do if I am going to be absent?**

In case of absence from College, you should contact Liam Toomes on 0113 2162460 or e-mail at [liam.toomes@leedscitycollege.ac.uk](mailto:liam.toomes@leedscitycollege.ac.uk).

#### **4.6 How do I withdraw from my course?**

If you are considering withdrawal from your course you should speak to your personal tutor or the Students' Union to discuss your reasons. If there is a problem, University Centre staff or Students' Union staff may be able to help.

If you decide to withdraw from your course or programme of study, you must notify us in writing. This notification must be sent immediately to your Programme Manager and be copied to the HE Registrar Assistant at the following email address:

[heregistrar@ucl Leeds.ac.uk](mailto:heregistrar@ucl Leeds.ac.uk)

#### **4.7 Are there any specific course requirements (e.g. placements, DBS checks)?**

You are required, as part of the Foundation Degree in Physical Education and Sport Coaching, to complete a work placement as part of the Work Related Learning module.

It is envisaged, that this will provide valuable experience, networking opportunities and a chance to apply academic study in a working environment.

All students on the course will be required to undertake a DBS check.

#### **4.8 What do I do if I change my details?**

Whenever you change your address and contact details, particularly your mobile phone number, you should inform your Programme Manager immediately. This will ensure we can always contact you in an emergency.

The school will inform you of cancelled classes as soon as possible via text to the mobile phone number we have for you on our contact records. It is your responsibility to ensure that we have your most up-to-date mobile phone number.

### **5 Assessment**

Your work is assessed in terms of its ability to demonstrate the learning outcomes for the module. You'll see the exact assessment criteria in each module handbook. The levels of achievement are categorised in percentages.

For each module of study, you will complete summative assessments. In addition, lecturers may set "formative" assessments as part of the learning process. These formative assessments are important as they give you a chance to obtain feedback on your performance before your summative assignments. At the end of the module, a mark is awarded based on the evidence of the summative assessments.

#### **5.1 How will I get my results and feedback on my work?**

You will normally receive written comments, verbal feedback or group feedback on your work within 3 working weeks of submission of your work. Your module leader will advise as to the format of the feedback. These results must be considered as interim until they are ratified by a board.

Feedback on your progress comes in many different forms including written comments about your work, verbal comments from your tutors in class or on a one-to-one basis, discussions with peers in the classroom or outside it, electronic discussion, emails, feedback grids and generic feedback proformas. Receiving and acting on feedback is a continuous part of your learning experience and will help you to develop knowledge about your strengths and weaknesses and improve your learning and performance. Previous students have advised that it is important that you:

- Do not be afraid to acknowledge your successes
- Reflect on the feedback you receive and think about what you have done well and how you could improve. For example, you could keep all of your feedback together and draw up an action plan based on common areas of strength or concern
- Try not to focus on the mark and ignore the feedback. If you have done well, your feedback will tell you why and if you haven't, it will suggest ways in which you can improve
- Consider the marks you are given and if you are disappointed in them, give yourself some time before going back to the feedback to look for ways to improve
- Try not to take negative feedback personally. It is given to help improve
- Do not be afraid to approach tutors and lecturers for more feedback. Asking questions can be an important part of receiving feedback – and remember, your peers can be a valuable source of information too
- Use feedback to self-assess your work against the assessment criteria, where possible. This can help you to address any areas you need to improve on.

## **5.2 Where can I find the University's assessment regulations?**

Your progression from Level 4 to Level 5 and achievement at level 5, and your graduation and classification, are all subject to satisfying the University's assessment and progression regulations. These regulations are available via the following <https://ucl Leeds.ac.uk/wp-content/uploads/2019/11/Foundation-Degree-Academic-Regulations.pdf>

## **5.3 What is the marking scheme?**

For each module, you will complete one or two assessments. In addition, tutors will set ungraded or formative assessments as part of the learning process. These formative assessments are important as they give you a chance to obtain feedback on your performance before your summative assessments.

At the end of the module an overall module mark is awarded based on the evidence of the summative assessments.

Please refer to the Assessment Regulations.

<b>% Scale Score</b>	<b>Performance Standard</b>
70+	Excellent pass
60-69	Very Good pass
50-59	Good Pass
40-49	Pass
0-39	Fail

### **Overall grades – Foundation Degrees**

In order to determine the overall grade for your foundation degree, the average of the grades you achieved in the second year will be considered and applied as follows:

<b>Overall Grade</b>	<b>Percentage</b>
Distinction	70% - 100%
Merit	60%-69%
Pass	40%-59%

Please note that the above table is a guide only. For more specific information regarding grading of modules and awards please refer to the Assessment Regulations which can be found on the website.

#### **5.4 Will I have to follow a word limit?**

All module specifications and assessment briefs will detail the word count for each task and it is important that you work within this, as this will help to develop your evaluative and analytical skills. It is your responsibility to submit work which is within the specified limit and to include a word count on all written assessed course work. If you go beyond this limit assessors will disregard the part of assessed work which exceeds the specified limit by 10% or more.

For example if the word count for the piece of work is 2,000 words, once your tutor has read the first 2,200 words they will then stop reading and disregard the remaining words. If it is considered that you have falsified the word count on an item of your course work, you will be subject to Student Disciplinary action.

The word limit does not include footnotes and bibliographies (or appendices if relevant).



The reason for this is that it is part of the assessment to work to the word limit. This develops your analytical and evaluative skills as you have to be selective as to which information you include and leave out.

## 5.5 Academic Appeals

Your module lecturer will explain to you how the criteria have been applied to produce your mark. If you wish to appeal the decision of an Assessment Board, you may do so but only under specific grounds and after your results have been ratified by an Assessment Board. Please note that this is not a procedure to challenge academic judgment. If you feel you have grounds for an academic appeal you will need to contact the HE Policy and Compliance Officer at [hequality@ucleeds.ac.uk](mailto:hequality@ucleeds.ac.uk) to put forward a claim for an academic appeal. The Assessment Regulations can be found on the VLE

**Please note : You may not appeal on the grounds of academic judgement.**

## 5.6 How and where do I hand in an assignment?

For each summative assignment a deadline for submission/presentation of the work will be set. Completing the work within this time period and meeting the deadline is part of the assignment.

Work must be handed in according to the instructions given by the module tutor, which will be detailed in the module handbook. **In the majority of cases this will be via Turnitin.**

Only work that is ready by the agreed deadline can hope to qualify for a good grade.

All work must be submitted to Turnitin on the deadline date by 11.59pm, this submission will produce a submission receipt and this is to be kept to ensure submission prior to the deadline.

PLEASE NOTE : Computer failure will not be accepted as a reason for late submission.

Students must submit assignments in the following format.

Assignment feedback sheet

Assignment task sheet

Assignment

Bibliography

Turnitin report

**PLEASE NOTE : Computer failure will not be accepted as a reason for late submission.**

Students must submit assignments in the following format.

- Assignment feedback sheet
- Assignment task sheet
- Assignment
- Bibliography
- Turnitin report

## 5.7 Can I submit a draft?

The following guidelines have been drafted to promote consistency across the Higher Education provision within Leeds City College.

### When can I submit a Draft?

The latest date for draft submissions to be submitted will be 2 weeks prior to the hand in date for the assessment. You must remember that it could take up to a week for the tutor to give you feedback so you may wish to submit your draft earlier than 2 weeks before the deadline so that you have more time to incorporate the feedback into your work.

### How much can I submit?

The draft submission should be no longer than 25% of the maximum words for the assessment component e.g. for a 2000 word report a draft of up to 500 words could be submitted.

### How many times can I submit a draft?

You are allowed to submit one draft submission per assessment component.

### What form can the draft take?

Draft submissions can consist of:

- Assessment plans – so that the tutor can give comments regarding whether you are on the right lines.
- Extracts – for comments on style.
- Referencing – for the tutor to check that your referencing style is correct.
- Reference materials to see if your reading is wide enough for the assessment.
- Data tables.

The above are examples of what could be submitted and is not meant to be an exhaustive list. Drafts can be submitted electronically or in hard copy.

## 5.8 What do I do if I can't meet a deadline for an assignment?

It is the responsibility of all students to attend examinations and to submit work for assessment by the set date.

### Extensions to submission date

There may be times when, for reasons outside your control, there may be circumstances that prevent you from submitting a summative assessment on time or attending an examination.

It is important that you discuss your situation as soon as possible with an appropriate member of staff, such as your Module Leader or Programme Manager, who will be able to provide you with guidance on the most appropriate course of action from the following list:

- A **Short Extension** - usually for 5 working days (not available for a resit attempt);
- **Suspension of study** for a period of up to 2 years;
- Alternatively, if your problems are exceptional and outside of your control, you can apply for **Mitigating Circumstances**.

If you realise that you are not going to meet the agreed deadline date because of illness or other exceptional circumstance, you must request an extension using the appropriate form. It is important to note that an extension will only be granted when it is clear that exceptional circumstances are preventing you from completing your work on time. Please make sure that you follow the guidance provided on the form and attach appropriate evidence. Please see the Student Guide to Extensions and Mitigation for full details here:

<https://ucleeds.ac.uk/related-documentation/>

Applications for Mitigation should be submitted prior to the assessment deadline, however can be submitted up to 5 working days after the assessment deadline. In exceptional circumstances late applications, submitted up to 5 working days late may be considered, if there is a valid reason for the lateness. Please note any forms submitted after this time will not be considered.

NB Extensions are an exception rather than the norm.

Please note that short extensions are only available for first submissions.

### **Fit to Sit/Submit**

The University Centre's Extenuating Circumstances and Mitigation regulations are based on the Fit to Sit/Submit principle. This means that when you take an assessment you are declaring yourself fit to take the assessment.

If you feel that you are not fit to take the assessment then you may wish to apply for an extension or submit a claim for your extenuating circumstances to be considered by the Mitigation panel.

In the event that you do not take an assessment and have not submitted a claim for extenuating circumstances, then your assessment will normally be recorded as a non-submission.

If extensions are granted, your work will be marked as if it was handed in on time. Work that is late and which is not covered by extensions or mitigation will be penalised in accordance with the Assessment regulations.

Mitigation/Extension forms are available on the VLE and should be completed and returned to the Programme Manager, Liam Toomes with relevant evidence to back up your request.

### **Late submission**

If you fail to submit work by the published date, but submit it up to 6 days late, it will receive a maximum mark of 40%.

This does not include work that has been granted an extension or mitigating circumstances.

Work submitted more than 7 calendar days after the published deadline will not be marked and a mark of zero will be returned.

Please note that these deductions normally apply to weekends, Bank Holidays and University Centre Closure Days.

## **5.9 What if I have extenuating circumstances and require a longer extension?**

What follows is a brief summary of the Extenuating Circumstances Regulations. A student guide is available on the VLE

You are strongly recommended to read these Regulations. They provide a detailed explanation of Extenuating Circumstances and the procedures expected to be followed when you feel that your performance in a summative assessment would be affected.

**Extenuating Circumstances are defined as unforeseen and unpreventable circumstances outside the control of the student, which may significantly affect performance and/or attendance in a summative assessment and could not have been remedied in the time available.**

The University Centre recognises that there may be times when your circumstances are such that you cannot complete assessments to the best of your ability, are unable to attend an examination, or are unable to meet an assessment deadline due to adverse circumstances beyond your control. In such circumstances the Extenuating Circumstances Regulations enable you to request that your situation is taken into consideration. You are expected to have taken reasonable steps to ensure that you could not have prevented the circumstances from taking place. It is your responsibility to notify your Programme Manager of any Extenuating Circumstances, which you feel will affect your ability to undertake a summative assessment.

Remember, any application you make has to be approved and may not be granted.

Students can apply for Extensions, or Mitigating Circumstances for all forms of summative assessment. You can also apply for Mitigating Circumstances for re-sit opportunities offered by the relevant Examination Board. However, Short-Extensions will not normally be

allowed for re-sits because of the need for timely progression to the next stage at the beginning of the academic year.

It is important that you discuss your situation with a tutor who will be able to provide guidance on the most appropriate course of action. In circumstances which are likely to affect your progress over a longer time period, you may be advised to suspend your studies until the circumstances no longer have an impact on your studies.

The following points will help you when submitting an application:

### **Do**

- Review the grounds for applying for extenuating circumstances (see Student Guide to Extensions and Mitigation).
- Seek guidance from your Programme Manager or Personal Tutor if you are experiencing difficulties in completing your work on time.
- Meet with a tutor prior to the submission/examination date.
- Discuss with a tutor whether an extension would be appropriate.
- Request an extension where you are unable to meet the deadline.
- If applying for Mitigation submit an application that covers all module assessments you are taking during the period of difficulty.
- Submit the application prior to the submission/examination date and for claims of Mitigating Circumstances within 5 working days from the submission or examination date.
- Complete all sections of the form.
- Include evidence to support your application.
- Make sure that you have received a receipt from your Programme Manager when you submit your application.

### **Don't**

- Apply for any formative assessment pieces of assessment that do not count to your overall module mark.
- Use evidence that is undated or solely from family members supporting your application. You have to provide independent evidence.

Mitigation/Extension forms are available on the VLE and should be completed and returned to the Programme Manager, Liam Toomes with relevant evidence to back up your request.

## **5.10 Re-sit**

If you have submitted an in-course assessment by the defined hand-in deadline and are deemed by the Module Leader not to have passed the assessment, or if you have failed to submit anything (non-submission), following the assessment board you may be permitted to re-sit the module assessment. If this is the case the resulting mark achieved for the final piece of work will be capped at the pass mark (40%). Only one re-sit opportunity is possible for any assessment component.

Suitable feedback will be provided to students who are offered a re-sit and a hand-in deadline will be set for the re-sit.

### **Key points**

- Always submit something for every assessment.
- You must attempt all assessments at the first opportunity.
- You must do each assessment (essay, project, report, portfolio, exam etc.) for every module. You should do this even if you don't think you can fully complete them.
- You do not have an automatic right to resit or to repeat a year of study.
- The maximum mark that can be awarded for reassessed components is 40%.

See the Assessment Regulations for full details. These are available on our website-

### **5.11 Re-study**

If, following a re-sit you are still unable to pass a module, the Board of Examiners may, at its discretion, permit you to pay and repeat the module in the next academic year.

## **6 Academic and student regulations**

### **6.1 Where can I find the University's academic regulations?**

Your progression from level 4 to level 5 and achievement at level 5, your graduation and classification, are all subject to satisfying the University's assessment and progression regulations. These regulations are available on our website on this link

<https://ucleeds.ac.uk/wp-content/uploads/2019/11/Foundation-Degree-Academic-Regulations.pdf>

If you have any difficulty accessing or understanding the information, please discuss this with your Programme Manager.

### **6.2 What is Academic Misconduct?**

The University Centre Leeds has signed up to the Academic Integrity Charter for UK Higher Education and is committed to implementing its principles. These include working with students to promote academic integrity and take action against all forms of academic misconduct, including plagiarism, self-plagiarism and contract cheating.

The [International Centre for Academic Integrity \(ICAI\)](#) define academic integrity as a commitment to six fundamental values: honesty, trust, fairness, respect, responsibility and courage (ICAI, 2021). You will be introduced to the concept of academic integrity as early

as possible in your studies and will receive guidance on the development of academic integrity capabilities and values.

What follows is only a brief summary of the Academic Misconduct procedure and should be read in conjunction with the Student Guide to Academic Misconduct which is available on the VLE.

You are strongly recommended to read the guide. It provides a detailed explanation of academic misconduct, the procedures which must be followed when an academic misconduct offence is suspected and the possible penalties.

In order to avoid academic misconduct, the University Centre is committed to continually educating its students on good academic practice and writing skills. The following support is available and it is recommended that you take advantage of this:

- Guidance from the [Academic Skills Support for HE Students](#) team.
- Advice and guidance from the Students' Union.
- Facility for students and staff to use plagiarism e:detection software – Turnitin.
- Briefings on academic integrity and academic misconduct provided at student induction events and during relevant modules.

The University Centre Leeds has also produced some helpful guidance documents for students. These include a Contract Cheating Guide which explains the nature of contract cheating and informs you about the alternatives to engaging in this form of academic misconduct, along with the consequences of doing so. We also have a Proofreading Guide which clarifies the types of support you are permitted to receive in relation to proofreading when completing your work and the extent of this support. You are strongly encouraged to read these documents which can be found on the VLE.

**Academic misconduct is defined by the College as any activity or attempted activity which gives an unfair advantage to one or more students over their peers and is treated very seriously.**

To ensure that students are treated fairly and equitably, academic misconduct is divided into the following two types:

**Academic Negligence:** This is regarded as the least serious offence and covers first time minor offences. It includes plagiarism that is small in scale, not related to the work of other students, and which is considered to have resulted from ignorance or carelessness.

**Academic Malpractice:** This covers extensive paraphrasing of material with no acknowledgement of the source, systematic failure to reference, cheating, collusion and subsequent cases of Academic Negligence.

If suspected of academic misconduct, you will be required to attend either an informal or formal meeting and if subsequently found guilty, you will receive a penalty, the most serious of which can be exclusion from the College. The processes and penalties are described in

The Student Guide to Academic Misconduct. If you are found guilty of academic misconduct after the end of your course, any award that you have received may be withdrawn. This can be done after you have graduated.

The following tips may help you to avoid academic misconduct:

### **Do**

- Familiarise yourself with the regulations and penalties that can be incurred. For professional programmes, a single case of academic misconduct may result in you being discontinued from your course.
- Make sure that you know how to correctly acknowledge other people's work or opinions, and seek feedback from your Tutor or the Academic Skills Support for HE Students team on whether or not you are doing this correctly.
- Take care when making notes from books or articles. Always keep a record of whether your notes are a paraphrase of the source or a direct quotation, so that you don't inadvertently include quotes without proper acknowledgement (this is a frequently cited reason students give when accused of academic misconduct).
- Seek support from your Module or Personal Tutor if you are experiencing difficulties in completing your work on time.

### **Don't**

- Cut and paste (or reproduce) chunks of material from electronic sources or books/articles (even if you acknowledge the source, material not stated as being a direct quotation will make you vulnerable to an accusation of academic misconduct).
- Loan your work to other students (if it is then copied, you may be accused of academic misconduct).
- Borrow work from current or previous students.
- Submit the same work for different assessments.
- Get someone else to do your work (essay-writing web sites don't always keep their promises and have been known to inform universities of students who have purchased work). The University Centre Leeds has a number of measures in place to prevent contract cheating sites engaging with our students whilst they are on-site, including blocking specific essay mill sites on the College network. These sites are both generic and discipline-specific and include:
  - <https://essaymills.com/>
  - <https://essaywritingserviceuk.co.uk>
  - <https://www.lawteacher.net/>
  - <https://revisesociology.com/>

## **6.3 Are there any regulations relating to use of social media?**

Social media provides wonderful opportunities for life and for learning. The term social media describes the online tools, websites and services that people use to share content, profiles, opinions, insights, experiences, perspectives and media itself. These tools include social networks, blogs, message boards, podcasts, microblogs, livestreams, social bookmarking, wikis and vlogs. The feature that all these tools, websites and services have



in common is that they allow conversations and online interactions between groups of people. These guidelines are not intended to deter individuals from using these communication tools but are necessary to help protect staff and students and to prevent them damaging the college either inadvertently or intentionally.

All students should be aware that failure to follow these guidelines could lead to disciplinary action, and in more serious cases could be considered gross misconduct and may lead to exclusion.

Leeds City College is committed to the responsible use of social media. The College may routinely monitor social media and it reserves the right to instruct relevant parties to remove unauthorised sites. Any information posted on social media sites must comply with the Data Protection Act.

For further information and full details please refer to the Student IT and Social Networking Policy which can be found on the Student Intranet.

#### **6.4 Are there any regulations relating to research?**

When planning your research, you must identify the ethical issues involved at an early stage. Ethical problems may arise at any stage of the research process, but typically feature at the data collection and interpretation stages.

All work related and research projects will have to be agreed by your research supervisor to make sure that your plans conform to the Research Ethics Guidelines set by the University Centre Leeds. The guidelines can be found on the VLE. The ability to act ethically is a key graduate attribute and professional skill, so it is important that you follow these regulations closely and adhere to the guidance of your research supervisor.

Before starting your research, you will be required to complete an institutional research proposal for which will ask you to consider the ethical issues associated with your research. Any research that involves human subjects (particularly individuals who may not be able to give fully informed consent to participate in your research project) will have ethical implications. In addition, any research that involves access to confidential personal data, or where there is any potential physical, mental or emotional threat to participants, carries significant ethical risks and will require detailed discussion with your research supervisor.

It is also extremely important to consider the research setting; for example, you may be conducting research with the employees of a company and it is essential to seek permission from the research setting before approaching any employees to participate in your research or accessing any data.

Once you have completed your research proposal form, you should submit this to your research supervisor to be considered and countersigned. The form will then be presented at the next Research Ethics Committee which will conduct an ethical review of your research proposal. At this stage, approval to undertake your research will either be granted, or withheld. If ethical permission is withheld, you will be given an opportunity to action any suggested amends to your research and re-submit your form which will then be presented

at the next panel. It is imperative that you do not begin your research before approval is formally granted by the committee. You will be informed of the outcome of the committee's decision in writing.

## 7 Quality Control

The course is not subject to an external examination regime. All student work is continually assessed by the lecturers and is subject to internal and external moderation.

A range of checks and safeguards is in place to ensure that the qualification you receive at the end of the course continues to be acceptable to the College, HE institutions and employers.

The Awarding Body is Leeds City College. In order to be able to offer this qualification, the College has to gain approval from The Office for Students, meeting strict criteria on things like staffing, resources and quality systems. Leeds City College monitors the quality of the awards through a range of measures. The College is also subject to inspections undertaken by the OFS (Office for Students) in order to ensure that prescribed quality standards are being maintained.

Finally all of your tutors will have been observed in action by the College's Learning Observation Team. All Leeds City College tutors have to be observed annually.

### 7.1 End of Year Procedures

Once you have completed all of your assessments and these have been marked, moderated and seen by the External Examiner, your tutor will compile your mark profile. These profiles will then be submitted to the Examination Board for ratification.

The Examination Board looks at the mark profiles of each student and will make a decision as to whether you can progress onto the next level or whether you have passed the course.

**NB. If you have not paid your fees in full your profile will not be presented to the Examination Board and you will not be able to proceed into the second year or receive your award.**

Within 15 working days of the Board, the Chair of the Examination Board will write to you informing you of the decision of the Board and will give you a copy of your grade profile. If you, when you consider your grade profile, think you might have grounds to request an Academic Appeal (see the Academic Appeal Regulations/Guide for information relating to grounds) you must initially engage in an informal discussion with the Higher Education Policy and Compliance Officer within 10 days of the results being published.

Any issues that cannot be resolved through an informal discussion may result in the submission of an application for an Academic Appeal – please see the Student Guide to Appeals, which can be found on the website on this link

<https://ucleeds.ac.uk/assests/terms-and-conditions/student-guide-to-appeals-and-complaints.pdf>

**N.B.** It is your responsibility to ensure that your Programme Manager has your correct address. The College will not be responsible for results which are sent to old addresses if you have not updated your contact details. If you do not receive your results within the agreed time it is your responsibility to contact the Higher Education Registry Assistant at [heregistrar@ucleeds.ac.uk](mailto:heregistrar@ucleeds.ac.uk) to obtain a replacement letter.

## 7.2 Programme specification

A programme specification is a concise description of your course's aims and objectives and how you will be taught and assessed to achieve the required learning outcomes. It includes information on admissions, course structure and the maintenance of academic standards. This can be found on our website here: <https://ucleeds.ac.uk/programme-specifications/>

## 7.3 External Examiners

Students often ask questions about how we know that their degree is broadly of the same standard as degrees awarded for similar courses by other universities. In the UK we have a system called external examining which is one of several ways that we confirm that standards are met. An external examiner is generally an experienced lecturer from another university who offers an independent view as to whether the work of students on the course is of the correct standard. The external examiner does this by looking at a sample of work (e.g. assignments, exam answers, dissertations), discussing the work with your lecturers and attending the assessment boards to endorse results. They then produce an annual report which tells us about any concerns they have and any good practice they have identified. The external examiners' reports are made available to students on the VLE.

The main external examiner for your course is Graham Mason and he works at Blackpool and the Fylde College. Sometimes, your modules may have a different external examiner and your module leader can provide details on request.

Please note that students are not permitted to contact external examiners directly and external examiners will not respond to any communication from individual students. If you have any concerns about your course then please speak to your Programme Manager.

## 8 Have your say

### 8.1 Student representatives

Our College is committed to ensuring that the views of students are heard and responded to. This is partly achieved through student representatives (student reps), who are recruited across all courses.

Student reps seek out, identify and promote the views of their fellow students on issues relating to academic matters and the student experience. They then represent these views at various forums within the quality assurance process, including Course Committee meetings.

Course Committee meetings are an essential part of the College's quality assurance process and provide opportunities for both staff and students to use a range of feedback and indicators to ensure that issues affecting students on the course are promptly dealt with alongside a broader discussion of academic matters.

Course Committee meetings will take place twice per academic year – dates for your Course Committee meetings are:

7th December 2022  
5th April 2023

Student reps will have various opportunities to collect feedback and voice the opinions of their peers throughout the academic year. Details of these meetings will be provided at the mandatory training session for reps, which usually takes place in October/November.

Engaging with the Students' Union is also an important element of the Student representative role. Our College and the Students' Union work together to raise awareness of student academic representation and to provide training and development for student reps. The Students' Union office is located at the Park Lane Campus and they can be contacted at [su.enquiries@leedscitycollege.ac.uk](mailto:su.enquiries@leedscitycollege.ac.uk)

## **8.2 Module evaluation**

We value your feedback. Our College undertakes module evaluations to give you the opportunity to tell us what you think about module delivery, assessments and the learning resources available to you. We are interested in hearing about areas that have exceeded your expectations as well as those that have not met your needs or requirements. There is also a free text comments section where you can submit additional remarks and suggestions.

Module evaluations are confidential and completed anonymously. This feedback is used at both course and faculty level so that the student experience can be continuously improved. By undertaking module evaluations you can help us to refresh and revise our module delivery to enhance the learning experience and continue to improve upon our academic provision.

## **8.3 Your feedback**

There are many ways that you can tell us about your experience here at our College. The Students' Union runs regular meetings where you can come along, meet students from other courses, and discuss your concerns with members of staff from across all faculties and services.

The student rep from your course will also collect feedback in advance of Course Committee meetings, (details of which can be found in section 8.1). Please ensure that you communicate any feedback with your rep in advance of these meetings so that they can be fed into the formal monitoring and review process.

If you are entering into your final year you may also be invited to participate in the National Student Survey. This is a survey for all final year students in all universities in England and the results are made public to help prospective students make choices about where and what to study. Again these results are used by staff on your course to make improvements and to share good practice. Your feedback matters – so take these opportunities to get involved.

#### **8.4 What happens with my feedback?**

We take your comments very seriously and you can find out what actions have been taken in response to your feedback through your Student Representative, the Students' Union, your tutors or your course Google Classroom page.

An example of this can be found from the feedback gained on the availability of food at the University Centre. This has been reviewed and there is a dedicated Deli now situated on the ground floor of the University Centre.

#### **8.5 How would I make a complaint?**

We always hope that your experience of the college and your course will be a positive one, however at times things do go wrong. If you have cause for complaint we would encourage you to talk to your Programme Manager in the first instance, however if you wish to make a formal complaint you will find information on the website on this link:

<https://ucleeds.ac.uk/assests/terms-and-conditions/student-guide-to-appeals-and-complaints.pdf>

### **9 Where to get help**

#### **9.1 Student Support**

As a University Centre Leeds student, you will have learning, wellbeing, careers and financial support, all designed to suit your needs and ensure your experience is as stress-free as possible.

You will have access to coaching tutors for study support, and our learning support team can help with alternative assessment arrangements, applications for Disabled Students' Allowance or help you improve your study skills.

You will have access to mental health support, professional counselling and guidance about wellbeing support available should you want someone to talk to confidentially. Students can

refer themselves to the HE Counselling and Mental Health Officer for an initial assessment to discuss their mental health support needs, or tutors can refer students to the service.

Our financial support includes help with Student Finance applications, access to extra funding and bursaries, a student hardship fund to help you in times of need and access to personalised advice on budgeting.

Our progression and careers support can provide you with face-to-face advice, skills development, paid work opportunities and placements, and resources to help you build your CV and professional networks.

The University Centre Hub is the home of your online classroom, news, events and study information. It also features useful services from our Student Support Team, along with the referral forms for any of the support mentioned above. You also have access to lots of information on wellbeing, finance, additional learning support available and all the key information you need whilst you study. You can use The UC Hub to connect with other students, discover opportunities or keep up to date with University Centre news.

## **9.2 The Virtual Learning Environment (VLE)**

All programmes are supported by the College's VLE which provides a range of resources, activities and information for students. The College utilises Google Classroom as a VLE and you will find that there is a section that provides general information, made available to all Higher Education students, in addition to a programme specific area, which only students on your programme will have access to. It is important that you familiarise yourself with both areas to ensure that you have access to all the relevant information you need.

## **9.3 Students' Union advice**

If you need independent advice, information or representation, the Students' Union Advice Service provides a free, confidential and non-judgemental advice service.

The service is staffed by professionals, who are specialists in providing information and advice on all regulations, policies and procedures, including academic appeals, student complaints, disciplinary hearings, cheating and plagiarism.

## **9.4 Safety, health and well-being**

### **Fire safety procedures**

Fire prevention is everyone's responsibility. You can help to prevent fires by:

- Good housekeeping
- Safe use of electrical and gas appliances

- Observing our College no-smoking policy

## **Fire information**

Fire information is present on Fire Action Notices displayed in all College buildings. These are normally present in corridors or inside classrooms.

They inform you of the appropriate action to take, the location of the nearest Fire Alarm Call Point, the location of fire fighting equipment and the location of fire assembly points.

All fire exit routes are clearly identified. You should take the opportunity to familiarise yourself with the location of fire exit routes and fire assembly points for the buildings that you may use in the course of your studies.

## **If you discover a fire**

If you discover a fire, you should sound the alarm by operating the Fire Alarm Call Point. You should report the circumstances and site of fire by calling 999 – indicated on the Fire Action Notice.

Do not tackle the fire unless you have been trained to do so. Evacuate the building to the fire assembly point indicated on the Fire Action Notice. Do not re-enter the building until officially authorised to do so.

## **Fire evacuation**

On hearing the Fire Alarm, everyone should proceed calmly to the nearest available safe fire exit, as indicated by the green and white fire exit signage. Please assist visitors.

Follow the route to get out of the building and continue on to the fire assembly point so as not to impede the remaining evacuees exiting the building.

Take appropriate action to assist mobility impaired persons or wheelchair users to a safe refuge.

- Do not stop to collect belongings and do not try to leave by your usual entry route unless this is the way indicated by the escape signs.
- Do not attempt to use the lifts.
- Do not restrict emergency service access routes.
- Do not re-enter building until officially authorised to do so

Evacuation is practised through fire drills. However, you should regard any continuous sounding of the alarm as a fire incident and act accordingly.

## **Disabled students**

You are expected to declare any disability that would affect your safety in the event of a fire, e.g. hearing impairment or the use of a wheelchair.

If you are referred to the Disability Adviser, a Personal Emergency Evacuation Plan (PEEP) will be developed for you, as appropriate.

## **First Aid**

First Aid Notices (green and white) are displayed in all College buildings alongside the Fire Action Notices (predominantly blue and white) and alongside, or adjacent to, each First Aid box. Each first Aid Notice gives the following information:

- The location and contact number of the nearest First Aiders(s)
- The location of the nearest First Aid box
- The College emergency telephone number 3333 (Park Lane campus – for other campus' please check)
- Other emergency contact numbers

The names and telephone numbers of the nearest First Aiders can also be obtained from the Health and Safety team at [health&safety@leedscitycollege.ac.uk](mailto:health&safety@leedscitycollege.ac.uk)

## **Accident and incident reporting**

All accidents, incidents and dangerous occurrences must be reported to, and recorded by College staff.

Accident report forms (HS1) are available on the intranet.

## **Policy statement**

Leeds City College Corporation accepts both moral and legal responsibility as an employer to ensure; so far as is reasonably practicable, the safety, health and welfare at work of all its employees. The College will ensure to conduct its undertakings in such a way that persons not in direct college employment (i.e. students, contractors and members of the general public) who may be affected, are not exposed to risks to their safety and health. In addition the College will actively endeavour to limit the adverse affects on the environment in which operations are carried out.

All safety, health and welfare matters will be treated as a management responsibility equal to that of any other managerial function.

Leeds City College Corporation is committed to continuous improvement in health and safety performance and to attaining the highest possible practice standards throughout the college.



## Appendices

### Appendix 1 - Useful Links

Academic Regulations (Open University validated programmes)	<a href="#">UC Hub - Awarding Bodies (google.com)</a>
Academic Regulations (Leeds City College validated programmes)	<a href="#">UC Hub - Awarding Bodies (google.com)</a>
Careers and Progression Information	<a href="#">UC Hub - Careers and Progression (google.com)</a>
Fees and Funding Information	<a href="#">UC Hub - Fees and Funding (google.com)</a>
Forms and Guides	<a href="#">UC Hub - Forms and Guides (google.com)</a>
Help and FAQs	<a href="#">UC Hub - Help (google.com)</a>
Library/Learning Resource Centre	<a href="#">ilearn (google.com)</a>
Policies & Procedures	<a href="#">Policies and Procedures - University Centre Leeds (ucl Leeds.ac.uk)</a>
Prevent Information	<a href="#">Safeguarding Prevent and British Values - Leeds City College</a>
Programme Specifications	<a href="#">Programme Specifications - University Centre Leeds (ucl Leeds.ac.uk)</a>
Safeguarding & Prevent	<a href="#">SECTION 3 (ucl Leeds.ac.uk)</a>
Referencing Guides	<a href="#">Quick referencing guide.pdf - Google Drive</a> <a href="#">Harvard referencing guide.pdf - Google Drive</a>
Student Disciplinary Procedure	<a href="#">Promoting Positive Relationships and Supporting Behaviour Policy, 2021/22 updates v1.5.docx (ucl Leeds.ac.uk)</a>
Student Support	<a href="#">Student Support Hub (google.com)</a>
Student Union Information	<a href="#">UC Hub - Student Union (google.com)</a>
Student VLE	<a href="#">UC Hub (google.com)</a>
Submission Guidelines	<a href="#">Draft Submissions Guidelines students - Google Docs</a>

## Appendix 2 - HE Calendar 2022-23

<b>College Weeks</b>	<b>Commences Monday</b>	<b>Calendar/Assessment Deadlines</b>	<b>HE Weeks</b>
1	25-Jul-22		
2	01-Aug-22		
3	08-Aug-22		
4	15-Aug-22		
5	22-Aug-22		
6	29-Aug-22		
7	05-Sep-22	<b>Enrolment</b>	
8	12-Sep-22	<b>Enrolment</b>	
9	19-Sep-22	<b>SEMESTER 1 STARTS</b>	<b>1</b>
10	26-Sep-22		<b>2</b>
11	03-Oct-22		<b>3</b>
12	10-Oct-22		<b>4</b>
13	17-Oct-22		<b>5</b>
14	24-Oct-22	<b>HALF TERM</b>	
15	31-Oct-22		<b>6</b>
16	07-Nov-22	Lifestyle Management Ass. 1	<b>7</b>
17	14-Nov-22	Psychology Ass. 1	<b>8</b>
18	21-Nov-22		<b>9</b>
19	28-Nov-22		<b>10</b>
20	05-Dec-22		<b>11</b>
21	12-Dec-22		<b>12</b>
22	19-Dec-22	<b>CHRISTMAS HOLIDAYS</b>	
23	26-Dec-22	<b>CHRISTMAS HOLIDAYS</b>	
24	02-Jan-23	<b>BANK HOLIDAY MONDAY</b> Lifestyle Management Ass.2	<b>13</b>
25	09-Jan-23	Psychology Ass.2	<b>14</b>
26	16-Jan-23	Professional Development Ass.1	<b>15</b>
27	23-Jan-23	<b>SEMESTER 2 STARTS</b>	<b>16</b>
28	30-Jan-23		<b>17</b>
29	06-Feb-23		<b>18</b>
30	13-Feb-23	<b>HALF TERM</b>	
31	20-Feb-23		<b>19</b>
32	27-Feb-23		<b>20</b>
33	06-Mar-23	<b>MID YEAR EXAM BOARDS</b>	<b>21</b>
34	13-Mar-23		<b>22</b>

		Training and Fitness Ass. 1	
35	20-Mar-23	Sport Analysis Ass. 1	<b>23</b>
36	27-Mar-23	Alternative Physical Activity - Ass. 1	<b>24</b>
37	03-Apr-23	<b>EASTER HOLIDAY</b>	
38	10-Apr-23	<b>EASTER HOLIDAY</b>	
39	17-Apr-23		<b>25</b>
40	24-Apr-23		<b>26</b>
41	01-May-23		<b>27</b>
42	08-May-23		<b>28</b>
42	15-May-23	Training and Fitness Ass. 2 / Alternative Physical Activity Ass. 2	<b>29</b>
44	22-May-23	Sport Analysis Ass. 2	<b>30</b>
45	29-May-23	<b>HALF TERM</b>	
46	05-Jun-23		
47	12-Jun-23		
48	19-Jun-23		
49	26-Jun-23	<b>END OF YEAR EXAM BOARDS</b>	
50	03-Jul-23		
51	10-Jul-23		
52	17-Jul-23		

## HE Calendar 2022-23

<b>College Weeks</b>	<b>Commences Monday</b>	<b>Calendar/Assessment Deadlines</b>	<b>HE Weeks</b>
1	25-Jul-22		
2	01-Aug-22		
3	08-Aug-22		
4	15-Aug-22		
5	22-Aug-22		
6	29-Aug-22		
7	05-Sep-22	<b>Enrolment</b>	
8	12-Sep-22	<b>Enrolment</b>	
9	19-Sep-22	<b>SEMESTER 1 STARTS</b>	<b>1</b>
10	26-Sep-22		<b>2</b>
11	03-Oct-22		<b>3</b>
12	10-Oct-22		<b>4</b>
13	17-Oct-22		<b>5</b>
14	24-Oct-22	<b>HALF TERM</b>	
15	31-Oct-22		<b>6</b>
16	07-Nov-22		<b>7</b>
17	14-Nov-22	Independent Study – Assessment 1	<b>8</b>
18	21-Nov-22	Leadership and Management – Assessment 1	<b>9</b>
19	28-Nov-22	Strength and Conditioning for Exercise and Performance – Assessment 1	<b>10</b>
20	05-Dec-22		<b>11</b>
21	12-Dec-22		<b>12</b>
22	19-Dec-22	<b>CHRISTMAS HOLIDAYS</b>	
23	26-Dec-22	<b>CHRISTMAS HOLIDAYS</b>	
24	02-Jan-23	<b>BANK HOLIDAY MONDAY</b> Leadership and Management – Assessment 2	<b>13</b>
25	09-Jan-23	Strength and Conditioning for Exercise and Performance – Assessment 2	<b>14</b>
26	16-Jan-23	Independent Study – Assessment 2	<b>15</b>
27	23-Jan-23	<b>SEMESTER 2 STARTS</b>	<b>16</b>
28	30-Jan-23		<b>17</b>
29	06-Feb-23		<b>18</b>
30	13-Feb-23	<b>HALF TERM</b>	
31	20-Feb-23		<b>19</b>
32	27-Feb-23		<b>20</b>

33	06-Mar-23	<b>MID YEAR EXAM BOARDS</b>	<b>21</b>
34	13-Mar-23		<b>22</b>
35	20-Mar-23		<b>23</b>
36	27-Mar-23	Work Related Learning – Assessment 1	<b>24</b>
37	03-Apr-23	<b>EASTER HOLIDAY</b>	
38	10-Apr-23	<b>EASTER HOLIDAY</b>	
39	17-Apr-23		<b>25</b>
40	24-Apr-23		<b>26</b>
41	01-May-23		<b>27</b>
42	08-May-23	Nutrition for Health and Performance – Assessment 1	<b>28</b>
42	15-May-23	Injury Rehabilitation – Assessment 1	<b>29</b>
44	22-May-23	Work Related Learning – Assessment 2	<b>30</b>
45	29-May-23	<b>HALF TERM</b>	
46	05-Jun-23		
47	12-Jun-23		
48	19-Jun-23		
49	26-Jun-23	<b>END OF YEAR EXAM BOARDS</b>	
50	03-Jul-23		
51	10-Jul-23		
52	17-Jul-23		

**NOTES:**

- The College main sites will be closed for the days stated above and also to students on the Staff Development Days.
- Some programmes may vary from the 2 semester calendar. Students will be informed of these dates at the start of their programme.
- Students may take additional leave for festival days associated with their practiced religion. Tutors must be notified in advance.

### Appendix 3 - Learning Outcome Grids

Module Titles	K1	K2	K3	C1	C2	C3	P1	P2	P3	P4	T1	T2	T3	T4	T5
<b>Level 4</b>															
Sports Analysis			X	X					X			X			X
Lifestyle Management		X		X				X					X		X
Psychology of sport and exercise	X				X		X					X		X	
Professional development			X			X		X			X			X	
Alternative Physical Activity		X				X			X	X	X				
Training and Fitness	X				X		X			X			X		
<b>Level 5</b>															

Module Titles	K1	K2	K3	C1	C2	C3	P1	P2	P3	P4	T1	T2	T3	T4	T5
Independent Study		X			X			X				X		X	
Work Related Learning		X				X	X						X		X
Leadership and Management	X					X		X			X				X
Nutrition for Health and Performance			X	X					X		X	X			
Applied Strength and Conditioning			X		X				X	X				X	
Injury Rehabilitation	X			X			X			X			X		