

Extended Degree in Sport Science

Final award	BSc (Hons)
Intermediate awards available	<i>University Cert, Cert HE, Dip HE, BSc</i>
Mode of delivery	<i>UEL on campus</i>
UCAS code	<i>C603</i>
Details of professional body accreditation	N/A
Relevant QAA Benchmark statements	
UEL Academic School	<i>School of Health Sport & Bioscience (HSB)</i>
Date specification last up-dated	<i>March 2014</i>

The summary - UCAS Programme profile

Your stepping stone onto a degree eased by one year's extra study!

ENTRY REQUIREMENTS

For students entering with **AS/A2** qualifications, the minimum requirement is 120 points with a minimum of 40 points from one A2 level (for example, E + 20). We also accept **AVCE**, **Advanced GNVQ** and **BTEC National Diploma with equivalent UCAS points**. All students should also have **English** and **Maths** GCSE (A-C grade) or be able to offer alternative equivalent qualifications (e.g., Level 2 Key Skills in Numeracy and Communications).

Applicants with **overseas** or alternative qualifications are considered on an individual basis. If your first language is not English, your ability to understand, write and speak English must be good enough to allow you to cope with your studies. You must have one of the following:

- English GCSE grade C or above
- Level 2 Key Skills in Communication
- A minimum score of 6.0 on IELTS
- Cambridge Proficiency Certificate (C), Cambridge Certificate in Advanced English (B)
- TOEFL (550 paper-based test or 213 computer-based test.)

The admissions process is governed by UEL's policy on Equality and Diversity (<http://www.uel.ac.uk/hrservices/services/handbook.html>). Admission practices are to be free from unlawful discriminatory criteria. Questions relating to the applicant's race, ethnic origin, age, disability, religion, gender colour, sexuality, marital status or family responsibility do not form part of the selection process. In cases where a student has a disability that entails severe visual impairment or motor skill in such a way that the requirements of the chosen degree programme cannot be met will be considered on individual basis.

At UEL we are committed to working together to build a learning community founded on equality of opportunity - a learning community which celebrates the rich diversity of our student and staff populations. Discriminatory behaviour has no place in our community and will not be tolerated. Within a spirit of respecting difference, our equality and diversity policies promise fair treatment and equality of opportunity for all. In pursuing this aim, we want people applying for a place at UEL to feel valued and know that the process and experience will be transparent and fair and no one will be refused access on the grounds of any protected characteristic stated in the Equality Act 2010

ABOUT THE PROGRAMME

What is an Extended Degree?

The Extended Degree Programme was introduced to widen participation and to encourage more people into Higher Education. The programme starts with a one year course at level 3, from which successful students may progress to one of several degree programmes. Graduates gain the same qualifications as those obtaining direct entry to the respective programmes, but take one year longer to complete their studies.

Progression is offered to a number of degree programmes in the School of Health, Sport & Bioscience. This pathway can lead to progression on to the following degrees in the Applied Sports and Exercise Science Subject Area:

Sport & Exercise Science, Sports Coaching, Sport, Physical Education & Development, Sports Therapy.

Some degree programmes may have additional entry requirements, and students need to consult the relevant Programme Leaders for details. For example, to progress to Sports Therapy, you need to achieve a minimum of 60% average on all modules.

Students who wish to progress to the other subject areas in our School (Bioscience, Health Studies, Professional Health Science) after completion of their level 3 studies may be considered on individual basis upon consultation with the relevant Subject Heads. If you wish to progress to our degree programmes in Professional Health Science, you also have to apply through UCAS (for Podiatry) or through the University Admissions Office (for Physiotherapy), and follow due process. There is no direct entry from Extended Degree Programme. You need to consult the relevant Programme Leaders or Admission Officers for details on admission requirements.

Extended Degree Programme at UEL

The Programme attracts a wide diversity of students from many different backgrounds, including a large number of overseas students and a high proportion of mature students. This mixture enables the students to share their wealth of experience with one another, providing a unique education experience.

Programme structure

The first year of your Extended Degree Programme is taught at level 3. It is a full-time Programme, comprising of three modules core to all Extended Degree Programmes in the

School of Health, Sport & Bioscience (HSB), and a fourth core module for your subject, **Sports Development & Coaching**. All modules are 30 credits being delivered over the programme of an academic year. The first three modules address academic issues central to all of the HSB subject areas such as study skills, academic writing, scientific and numeracy skills, applications of information technology, and a sound knowledge of human biology. The fourth module is aimed at introducing students to key areas in sport and exercise science, providing the foundation knowledge and practical skills required for level 4 studies in any of the sports degree programmes. Students may be able to change to Extended Degree programmes in other subject areas in the School (Extended Degree in Bioscience, Extended Degree in Health Science) within the first 3-4 weeks of teaching, in consultation with the relevant Programme tutors.

When successfully completed, students may move on to the main programme structure for their chosen Degree Programme in Applied Sports and Exercise Science Subject Area (Sport & Exercise Science, Sports Coaching, Sport, Physical Exercise & Development, Sports Therapy).

Learning environment

- The modules are taught in many different ways including lectures, seminars, practicals, workshops and web-based learning, and this is complemented with further reading and individual study by students.
- Each module is accompanied by a site on our online student community, Moodle, with discussion facilities that will enable students to discuss and resolve issues related to their studies. In addition, the module tutor will use this facility to address any common academic issues, and to contact students where necessary. It is essential therefore that you have easy and regular access to the Internet and reliable e-mail.
- Each student is allocated a Personal Tutor with whom regular meetings are held throughout the programme. Students will be allocated a tutor in their chosen subject areas to create the link with the tutors at an early stage and enhance their learning experience.
- The module “Academic and Communication Skills” helps you make the major shift to independent learning needed at university, therefore it is relatively different to schools and FE colleges.

Assessment

- Assessment consists of a mixture of coursework, presentations, class tests and written exams. Laboratory practicals may be assessed in various forms including reports and quizzes.
- Continuous assessment in workshop activities is employed in some modules where active participation in individual and group work may form a major part of the module teaching.
 - ECDL (European Computer Driving License) is the medium of instruction for the IT training on the module “Essential Maths and ICT”, and it leads to an internationally recognised Certificate. The IT component of the module is delivered online and supported by workshop sessions.

To pass the level 3 programme and progress on to your chosen degree programme, all modules must be passed. To pass a module, you must get an overall mark of at least 40%, and

achieve a threshold mark of at least 30% in every assessment component. For entry to Sports Therapy, the average marks achieved needs to be at least 60%.

If you wish to progress to degree programmes in Professional Health Science (PHS-Physiotherapy, Podiatric Medicine), your applications are processed through UCAS, and you need to consult the relevant Programme Leaders or Admission Offices for details on admission requirements.

Work experience/placement opportunities

There is no work experience during the Foundation Year, but after successful completion, students may opt to enter sandwich degree programmes if you intend to study Sports Therapy. These have one year work experience placements that are competitive as places are limited. There are also placement modules in Sports Coaching, and Sport, Physical Education & Development.

Project work

- Students are encouraged to participate in group work both in tutorials and group presentations within the Foundation Year modules. The presentations cover current research topics in relevant areas such as healthy diet and exercise, developments in sports areas, advances in diagnosis and treatment of diseases, advances in health and patient care, etc.
- Individual project work is an essential component of all degree programmes and occurs in the final year of the chosen degree programme.

Added value

- Students who choose to enter a Foundation Year in a University develop the independent learning skills expected in a university student. This prepares them more appropriately for success in level 4 of degree programmes, compared to students entering direct from school or FE colleges.
- Every student is allocated a Personal Tutor and sessions are programmed into the timetable.
- The programme also has close links with English language support, careers advice and support for students with any learning difficulties like dyslexia.
- We provide tutorials and workshops with tutors and programme leaders from several programmes to help you decide what programme you would like to study at the end of the Foundation Year.

IS THIS THE PROGRAMME FOR ME?

If you are interested in

- developing your key skills in order to study for a degree
- gaining a grounding in subjects specific to your degree choice
- how ICT is used for your study and beyond
- how your body works and how it relates with sport & exercise
- trends and developments in sports science
- analysing & improving sporting performance

- the media of public communication
- aspects of the mind and human behaviour and sports psychology

If you enjoy

- the challenge of increasing not just your knowledge of facts, but also your understanding of how science and technology contributes to the search for new solutions to problems
- conducting studies and experiments in exercise physiology
- sports coaching and working with communities
- communicating with a wide range of people
- working in groups, using standard and new techniques to solve problems
- being able to study quietly and individually away from formal staff-led sessions
- reading or discussing developments in sports

If you want

- a stepping stone onto a degree
- to study in Higher Education and benefit from the learning environment and teaching by the professionals in your subject area

Your future career

- Succeeding on the Extended Degree level 3 programme provides you the opportunity to progress towards a degree and all the benefits that a good degree can give for greater success in whatever career you choose.

How we support you

The School of Health, Sport & Bioscience provides immediate contact with the University support systems.

- At the start of first year, you are allocated a Personal Tutor (a member of staff familiar with your degree). You will see your Tutor at regular intervals to discuss progress and life in general.
- Module leaders and Degree Programme Leaders also give support on academic matters and advice about other specialist help available through the University.
- The School has a Help Desk to advise how to get the right help.
- The Programme is supported by [Moodle](#) (an online programme delivery platform). This system supplies programme content, quizzes, assessments, discussion boards and much more.

Throughout the Programme you will find a number of scheduled support activities devoted to specific aspects, e.g. how to write your project report, or more general aspects such as careers.

Support for students at a **University-wide level** includes:

- [Libraries and Learning Resource Centres](#) open 24 hours
- [Childcare for students with children aged 2¹/₂ years to 5 years.](#)

- [Careers advice and information · Counselling and Advice for practical problems](#)
- [Health Centre with a nurse regularly on duty.](#)
- [Language tuition](#)
- Disability and [dyslexia support](#)
- [Accommodation](#)

Bonus factors

- A School of Health, Sport and Bioscience with staff and facilities to match to the wide interests and backgrounds of students.
- The nature of the programme at UEL and the skills, knowledge and industrial contacts of the staff mean that you will be at the ‘cutting edge’ of the changes happening in the industry as they occur.
- State of the art sports facilities at the Sports Dock at the Docklands campus
- The largest shopping centre in Europe (Westfield Stratford City) with multiplex cinema, theatre, restaurants, cafes, and pubs, and supermarkets and high street shops
- Central London only 20 minutes away by underground and [extensive transport links](#) with all parts of London.

Programme aims and learning outcomes

What is this programme designed to achieve?

This programme is designed to give you the opportunity to:

- Develop study skills that will be useful in subsequent study at undergraduate level
- Acquire a basic understanding of the theory & practice of your chosen degree subject
- Develop an awareness of the concepts, techniques and applications of your chosen degree subject
- Develop the practical and transferable skills necessary for success when entering the chosen degree programme
- To develop responsibility for independent learning

What will you learn?

Knowledge

- A broad knowledge of study skills, maths and ICT, academic and scientific writing, plus subjects appropriate to undergraduate study in your chosen degree
- An awareness of current issues across a broad range of subjects relevant to the Extended Degree programmes
- An awareness of the driving forces behind current research in the field
- An awareness of the wider implications of research on society as a whole
- The ability to comprehend and analyse published information
- The ability to use integrated approaches to problem solving

Thinking skills

Subject-Based Practical skills

- The ability to use numbers to analyse data from your own and other people's experiments and to interpret them
- The ability to select and apply a range of practical skills relevant to your chosen degree
- The ability to effectively communicate your work to others by a variety of means
- The ability to select and utilise appropriate computer software

Skills for life and work (general skills)

- The development of your own style of independent learning supported by Personal Development Planning
- The ability to communicate ideas to others and to debate relevant technological, scientific and /or ethical issues
- IT skills
- Communication skills including the ability to carry out an oral presentation
- Team work
- Time management

The Programme Structure

Introduction

At the University of East London, all programmes are credit-rated to help you to understand the amount and level of study that is needed.

One credit is equal to 10 hours of directed study time (this includes everything you do e.g. lecture, seminar and private study).

Credits are assigned to one of 5 levels with 120 credits assigned to each of the four undergraduate levels:

- 3 equivalent in standard to GCE 'A' level and is intended to prepare students for year one of an undergraduate degree programme
- 4 equivalent in standard to the first year of a full-time undergraduate degree programme
- 5 equivalent in standard to the second year of a full-time undergraduate degree programme
- 6 equivalent in standard to the third year of a full-time undergraduate degree programme
- 7 equivalent in standard to a Masters degree

Credit rating

The overall credit rating for this programme is 120 credits at level 3, and a further 120 credits each at levels 4, 5 and 6.

Typical duration

The duration of this programme is four years full-time or eight years part-time (including the honours degree). It is possible to move from full-time to part-time study and vice-versa to accommodate any external factors such as financial constraints or domestic commitments. Many of our students make use of this flexibility and this may impact on the overall duration of their study period. A student cannot normally continue study on a programme after 5 years of study in full time mode unless exceptional circumstances apply and extenuation has been granted. The limit for completion of a programme in part time mode is 8 years from first enrolment.

How the teaching year is divided

The teaching year begins in September and ends in June.

A typical student, in full-time attendance mode of study, will register for 120 credits in an academic year. Typically this will be comprised of four 30 credit modules. A student in a part-time mode of study may register for up to 90 credits in any academic year.

What you will study when

A student registered in a full-time attendance mode will take 120 credits per year. The exact number may differ if the programme is comprised of 15, 45 or 60 credits modules. After completing the Foundation Year, an honours degree student will complete modules totalling 120 credits at level 4, 120 credits at level 5, and 120 credits at level 6.

The following are the core requirements for Extended Degree Programme in Sport Science. All modules in the Foundation year are level 3 and 30 credits.

A core module for a programme is a module which a student must have passed (i.e. been awarded credit) in order to achieve the relevant named award.

Level	Module Code	Module Title	DISTANCE LEARNING Y/N	CREDITS	STATUS SINGLE
3	BS3001	Academic & Communication Skills	N	30	Core
3	BS3002	Essential Maths & ICT	N	30	Core
3	BS3003	Human Biology	N	30	Core
3	BS3005	Sports Development & Coaching	N	30	Core

Requirements for gaining an award

In order to gain an honours degree you will need to obtain 480 credits including:

- A minimum of 120 credits at level 3 or higher
- A minimum of 120 credits at level 4 or higher
- A minimum of 120 credits at level 5 or higher
- A minimum of 120 credits at level 6 or higher

In order to gain an ordinary degree you will need to obtain a minimum of 420 credits including:

- A minimum of 120 credits at level 3 or higher
- A minimum of 120 credits at level 4 or higher
- A minimum of 120 credits at level 5 or higher
- A minimum of 60 credits at level 6 or higher

In order to gain a Diploma of Higher Education you will need to obtain at least 360 credits including a minimum of 120 credits at level 3 or higher, 120 credits at level 4 or higher, and 120 credits at level 5 or higher.

In order to gain a Certificate of Higher Education you will need to obtain 120 credits at level 3 or higher plus 120 credits at level 4 or higher.

In order to gain a University Certificate, you will need to obtain a minimum of 60 credits at level 3 or above.

Degree Classification

Where a student is eligible for an Honours degree by passing a valid combination of module to comprise an award and has gained the minimum of 240 UEL credits at level 5 or level 6 on the current enrolment for the programme, including a minimum of 120 UEL credits at level 6, the award classification is determined by calculating:

The arithmetic mean of the best 90 credits at level 6	x	0.8	+	The arithmetic mean of the next best 90 credits at levels 5 and/or 6	x	0.2
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and applying the mark obtained as a percentage, with all decimal points rounded up to the nearest whole number, to the following classification

70% - 100%	First Class Honours
60% - 69%	Second Class Honours, First Division
50% - 59%	Second Class Honours, Second Division
40% - 49%	Third Class Honours
0% - 39%	Not passed

Teaching, learning and assessment

Teaching and learning

Knowledge is developed through

- Lectures
- Tutorials
- Workshops
- Practicals
- Reading
- Internet, Moodle, and Computer Based Learning

Thinking skills are developed through

- computer aided learning
- individual and group presentations
- preparing for tutorials and seminars/workshops
- completing coursework assignments (including in class tests, presentations etc)
- independent reading

Practical skills are developed through

- Laboratory practicals
- Computer simulations and use of IT

Skills for life and work (general skills) are developed through

- A Personal Development Plan
- Managing time
- Presenting ideas and arguments in a structured manner - written and oral communication
- Problem solving
- Team work

Assessment

A wide variety of assessment methods are used including:

- Portfolios
- Written examinations
- Practical reports
- Essays
- Oral and poster presentations
- Library exercises

Knowledge and Thinking Skills are assessed by:

- Evidence of reading and comprehension of the topics covered in the module being assessed. This will be particularly apparent in essay work and examinations.
- Ability to describe, explain and discuss various aspects of the programme material in the context of class tutorials, group work, presentations and other pieces of assessed coursework for the module.

Practical skills are assessed by:

- The ability to carry out laboratory practical work effectively, within the timeframe allocated.
- The ability to interpret and report on work carried out in the laboratory.
- The ability to complete assignments using appropriate resources.
- Evidence of logical planning and management of time in the preparation of materials for assessment.

Skills for life and work (general skills) are assessed by:

- The ability to work to strict deadlines
- The ability to select and utilise appropriate problem solving skills
- Demonstration of effective oral and written communication skills
- Evidence of interpersonal skills such as teamwork and /or team leadership
- Evidence of general numeracy skills

How we assure the quality of this programme

Before this programme started, the University checked that:

- there would be enough qualified staff to teach the programme;
- adequate resources would be in place;
- the overall aims and objectives were appropriate;
- the content of the programme met national benchmark requirements;
- the programme met any professional/statutory body requirements;
- the proposal met other internal quality criteria covering a range of issues such as admissions policy, teaching, learning and assessment strategy and student support mechanisms.

This is done through a process of programme approval which involves convening a panel of academic experts including some subject specialists from other institutions. Each panel scrutinises available documents and talks to the staff who will teach the programme before deciding whether it can be approved.

How we monitor the quality of this programme

The quality of this programme is monitored each year through evaluating:

- external examiner reports (considering quality and standards)
- statistical information (considering issues such as the pass rate)
- student feedback

Drawing on this and other information, programme teams undertake the annual Review and Enhancement Process which is co-ordinated at School level and includes student participation. The process is monitored by the Quality and Standards Committee.

Once every six years, an in-depth review of the whole field is undertaken by a panel that includes at least two external subject specialists. The panel considers documents, looks at student work, speaks to current and former students and speaks to staff before drawing its conclusions. The result is a report highlighting good practice and identifying areas where action is needed.

The role of the Programme Committee

This Programme has a Programme Committee comprising all relevant teaching staff, student representatives and others who make a contribution towards the effective operation of the programme (e.g. library/administrative staff). The committee has responsibilities for the quality of the programme. It provides input into the operation of the Review and Enhancement Process and proposes changes to improve quality. The Programme Committee plays a critical role in the University's quality assurance procedures.

The role of external examiners

The standard of this programme is monitored by at least one external examiner. External examiners have two primary responsibilities:

- To ensure the standard of the programme;
- To ensure that justice is done to individual students

External examiners fulfil these responsibilities in a variety of ways including:

- Approving exam papers/assignments;
- Attending assessment boards;
- Reviewing samples of student work and moderating marks;
- Ensuring that regulations are followed;
 - Providing feedback through an annual report that enables us to make improvements for the future.

The external examiner reports for this programme are located on the UEL virtual learning environment (Moodle) on the school notice board under the section entitled 'External Examiner Reports & Responses'. You can also view a list of the external examiners for the UEL School by clicking on the link below.

<http://www.uel.ac.uk/qa/externalexaminersystem/currentexaminers/>

Listening to the views of students

The following methods for gaining student feedback are used on this programme:

- Mid-module and Module evaluations by students
- Student representation on Programme Committees (meeting each semester)
- Personal tutor, module leader, programme leader, subject area coordinator

- Students are notified of the action taken through
- Circulating the minutes of the Programme Committee and the annual REP report
- Verbal feedback to specific groups
- Providing details on the appropriate notice board

Listening to the views of others

The following methods are used for gaining the views of other interested parties:

- Feedback from former students
- Industrial liaison committee
- Liaison with sandwich placement employers

Further information

Further information about this programme is available from:

- The UEL web site (<http://www.uel.ac.uk>)
- The programme handbook
- Module study guides
- UEL Manual of General Regulations and Policies (<http://www.uel.ac.uk/qa/policies/manual/>)
- UEL Quality Manual (<http://www.uel.ac.uk/qa/policies/qualitymanual/>)
- Regulations for the Undergraduate Degree Scheme <http://www.uel.ac.uk/uds/>
- School web pages <http://www.uel.ac.uk/hsb/>