

## MSc Sport and Health Sciences – Programme Specification

1	Awarding Institution:	University of Exeter
2	School(s)/Teaching Institution:	Sport and Health Sciences, University of Exeter
3	Programme accredited/validated by:	University of Exeter
4	Final Award(s)	MSc
5	Programme Title:	Sport and Health Sciences (SHS)
6	UCAS Code:	N/A
7	FHEQ Level	M
8	QAA Subject Benchmarking Group:	Hospitality, Leisure, Sport and Tourism (Unit 25)
9	Date of Production/Revision:	26/9/11

### 10 Programme Structures and Requirements, Levels, Modules, Credits and Awards

The programme is studied over 12 months full-time or 24 months part-time and is University-based throughout that time. The programme is arranged into 3 terms per year, with 11 teaching weeks in the first term and 11 teaching weeks in the second term. The third term is used for formal assessment periods and dissertation/journal article write-up. The programme is divided into units of study called modules.

Compulsory and optional modules have a credit rating of 30, and the dissertation/journal article has a credit rating of 60 credits (1 credit represents 10 hours of student learning, endeavour and assessment).

Full details may be found on the SHS's website <http://www.ex.ac.uk/sshs/>

Level M Units of study (Credit)

Core:

SHSM024 Research Methods and Analytical Procedures 30

SHSM015/25 Dissertation/Journal Article 60

Options\*: (3 chosen from the following)

SHSM005 Biomechanical Aspects of Lower Limb Injury 30

SHSM006 Laboratory Techniques in Physiology 30

SHSM028 Physical Activity Promotion and Public Health 30

SHSM014 Paediatric Exercise and Health 30

SHSM019 Current Issues In Sport Psychology 30

SHSM022 Physical Activity in the Prevention and Treatment of Chronic Diseases 30

SHSM026 Mental Health and Physical Activity 30

Total 180

\* Not all option modules are necessarily offered each academic year.

### 11 Educational Aims of the Programme

Principal aim of the MSc in Sport and Health Sciences is:

To reflect the SHS's strong and unique reputation for internationally-excellent multi-method and multi-disciplinary research and teaching in the sport and health sciences.

It aims to achieve this by:

- the provision of a sound basis in research methods and analytical procedures relating to the sport and health sciences, as well as a research dissertation/journal article.
- the provision of modules allied to the research expertise of the staff across various, diverse disciplines (psychology, sociology, social sciences, physiology, sport and exercise medicine, paediatric exercise science)

The MSc in Sport and Health Sciences is aimed primarily at graduates from sport, health and exercise science backgrounds. It is designed to provide students with a more in-depth level of understanding within the context of the course and a sound basis in research and analytical skills. It is also designed to provide students with a sound understanding of the disciplines that constitute the MSc in Sport and Health Sciences and how these disciplines are applied in certain situations in sport and health settings. The MSc programme creates a challenge for students academically whilst providing students with the skills to apply theoretical concepts in real-world laboratory and field settings. Key skills are well mapped throughout the programme. The MSc is intended to: enhance teaching and learning through research and applied practice derived from sport, health and exercise; provide students with the opportunity to employ theoretical concepts in applied sport, health and exercise settings; and enable students to acquire a range of transferable skills to allow them to develop as autonomous and reflective individuals.

## 12 Programme Outcomes

Knowledge and understanding in the context of the subject.

- Knowledge and understanding across a range of sub-disciplines within sport and health sciences
- Enhanced teaching and learning through research and applied practice derived from sport and health
- Enable students to acquire a range of personal and key skills to allow them to develop as independent, autonomous and reflective individuals

Core academic skills

- Apply a range of appropriate skills to produce a dissertation/journal article informed by research
- Critically assess and evaluate evidence
- Apply knowledge to familiar or unfamiliar settings
- Take responsibility for one's own learning

Subject knowledge and skills

- Demonstrate knowledge and understanding of sub-disciplines of sport and health sciences within the context of the programme
- Demonstrate an understanding of the variables involved in the application of sport and health sciences
- Demonstrate specialist knowledge derived from sport and health related research and applied practice

Personal and key skills

- Manage time effectively and prioritise tasks by working to strict deadlines
- Develop numeracy
- Take responsibility for one's own learning by planning tasks with limited guidance; identifying one's own resources and seeking and making use of feedback
- Perform assigned academic tasks when working in group settings
- Communicate effectively to others when working in group settings
- Evaluate and assess one's own abilities, performance and understanding, to reflect on one's own learning and to seek advice and feedback
- Complete a self-directed study
- To use electronic information management tools, including word processing, email, use of the WWW, ELE, and electronic information retrieval systems
- Take responsibility for one's own personal and professional development
- Be aware of key career opportunities and the need for forward planning

A distinctive feature of the programme is the focus on research and the application of theory, enhancing knowledge and understanding, as well as the acquisition of personal and key skills.

### 13 Teaching, Learning and Assessment Methods

#### Length and structure

- The course will run over 12 months full-time or 24 months part-time, beginning at the start of the University academic year (September/October).

#### List of main modules (including credit value/level)

Research Methods and Analytical Procedures (30), Biomechanical Aspects of Lower Limb Injury (30), Laboratory Techniques in Physiology (30), Current Issues in Sport Psychology (30), Mental Health and Physical Activity (30), Physical Activity Promotion and Public Health (30), Paediatric Exercise and Health (30), Physical Activity in the Prevention and Treatment of Chronic Disease (30), Dissertation/Journal Article (60).

The MSc will be considered a natural extension of the undergraduate programme in the SHS, and as such the academic level of all modules will be Level M.

#### Option and enhanced modularity opportunities

- Students will follow the one core research methods module and choose three further content modules. A research dissertation/journal article in their chosen area of specialism completes the MSc programme.
- Part-time students will complete the core research methods module in their first year of study and at least one content module from the available options. In the second year they will complete their chosen content modules (to give three in total) and their dissertation/journal article.

#### Proposed teaching and learning methods

- Lectures, seminars, workshops, laboratories (physiology, psychology, and biomechanics), computer laboratories, field-based work, and self-directed research-based work (including ELE). A variety of teaching and learning methods will be used throughout the programme. The underlying rationale for the teaching, learning and assessment strategy is:
  - the increase in depth of the subject knowledge
  - the autonomy of the learner
  - the increasing responsibility that is expected of the learner in the guidance given and the tasks set

More detailed description of the manner by which learning is related to assessment through assessment criteria will be found at the modular level on module description templates.

### 14 Support for Students and Students' Learning

At Exeter, the University Library maintains its principal collections in the main library buildings on the Streatham and St Luke's campuses, together with a number of specialist collections in certain Disciplines. The total Library collection comprises over a million volumes and 3,000 current periodical subscriptions. Sport and Health Sciences students will primarily use the St. Luke's Campus Library for access to designated books and journals within the MSc programme. Information Technology (IT) Services provide a wide range of services throughout the Exeter campuses including open access computer rooms, some of which are available 24 hours, 7 days a week. MSc students at the Sport and Health Sciences also have access to a dedicated 24 hour, 7 days a week IT suite located in the Richards Building. Helpdesks are maintained on the Streatham and St Luke's campuses, while most study bedrooms in halls and flats are linked to the University's campus network.

On the Tremough campus in Cornwall, the Learning Resource Centre contains a library of 70,000 volumes and some specialist collections. IT Services provide a range of central services, including open and training clusters of PCs (available on a 24/7 basis) within the Centre, while some Disciplines have additional dedicated facilities. Network access is available from all rooms in the hall of residence on site.

As per University policy Sport and Health Sciences has in place a system of academic and personal tutors for their students. A University-wide statement on such provision is included in the University's TQA Manual.

Additionally, the following units at Exeter between them provide a wide range of student support services:

- Student Counselling Service - Student Health Centre
- Study Skills Service - Family Centre (Streatham campus)
- Student Advice Unit (Students' Guild) - Chaplaincy
- International Office - INTO and Foreign Language Centre
- Study Abroad Office - Disability Resource Centre
- Education Enhancement Unit

The University Careers and Employment Service provides expert advice to all students to enable them to plan their futures, through guidance interviews, psychometric testing, employer presentations, skills events, practice job interviews and CV preparation.

On the Tremough campus, student services are provided by the Combined Services for the University and for Falmouth College of Arts (with which the University shares the campus).

All Disciplines are required to possess Student/Staff Liaison Committees, which allow students to contribute directly to the enhancement of educational and other provision at discipline level. Sport and Health Sciences has separate undergraduate and postgraduate Student/Staff Liaison Committees.

In addition, Sport and Health Sciences students are provided with access to

Personal tutors – every student is allocated a personal tutor whose role is to advise/assist in academic and pastoral issues. The SHS policy conforms to the TQA Manual by arranging three tutorials per year, one per term, to discuss relevant issues. Personal tutors stay with their tutees until the completion of the MSc.

Computers and printers at Richards Building and Highton

Student e-mail and ELE

SHS website

Employer presentations

Student representation at meetings

Teaching and learning support services e.g. Education Enhancement Unit

Documentation:

SHS of Sport and Health Sciences MSc Handbook – for information on the programme, the structure of the SHS, general information, contact numbers

Academic Services Booklet: Essential Guide for Students (Exeter Campuses) and 'Student Help' web based directory – general academic and administrative information

Module descriptions, given out at the beginning of the study of individual modules

#### 15 Admission Criteria

Candidates must satisfy the general admissions requirements of the University. University entrance requirements for degree programmes are found in the University of Exeter Postgraduate Prospectus. The entrance requirements for the MSc programme are as follows:

Normally a first or second class degree would be expected in a relevant discipline.

Mature and overseas students:

- Considered on an individual basis
- Overseas students must show proficiency in the English language and have an appropriate qualification (e.g. Certificate of Proficiency in English of the Cambridge Local Examinations Syndicate, IELTS, TOEFL)

Students with disabilities:

- The SHS follows the University admissions policy for disabled applicants

#### 16 Regulation of Assessment and Academic Standards

Each academic programme in the University is subject to an agreed Discipline assessment marking strategy, underpinned by institution-wide assessment procedures. The security of assessment and academic standards is further supported through the External Examiner appointed for the programme.

The External Examiner's responsibilities are described in the University's code for External Examiners and include access to draft papers, course work and examination scripts. Attendance at the Board of Examiners and the provision of an annual report are both required. Clear procedures are in place for the monitoring of these annual reports at both Discipline and University level. See the University's TQA Manual for details of these procedures <http://www.ex.ac.uk/admin/academic/tls/tqa>

#### 17 Indications of Quality and Standards

The University and its constituent Disciplines draw on a range of data in their regular review of the quality of provision.

#### 18 Methods of Evaluating and Improving Quality and Standards

The University has procedures in place for the regular review of its educational provision, including the annual review of both modules and programmes which draw upon feedback from such sources as External Examiners' reports, student evaluation, student achievement and progression data. Committees with responsibility for monitoring and evaluating quality and standards:

- SHS Education Strategy Group

***SHS Education Strategy Group comprises:***

Chair - Director of Education  
Programme Directors  
Director of PGT Programmes  
S/SLC Subject Chair  
Student Services Manager  
Frequency of Meetings: Once per term

- Postgraduate Student/Staff Liaison Committee

*Postgraduate Student/Staff Liaison Committee comprises:*

Student Chair  
Director of Postgraduate Taught Programmes  
MSc representative  
MSc Programme Directors  
Professional Services representative  
Frequency of Meetings: Once per term

- Faculty of Taught Programmes

- Boards of Examiners, involving External Examiner & internal representation from within SHS

Methods of evaluating and improving quality and standards:

- Module reviews by module leader
- Optically read (MACE) anonymous student feedback questionnaires about the module ⇒ Programme Director ⇒ Head of Discipline
- Annual Review by Programme Director ⇒ Postgraduate Student/Staff Liaison Committee ⇒ Staff ⇒ SHS Education Strategy Group ⇒ Faculty
- Annual monitoring of programme
- SHS Review by University – Periodic Subject Review
- Probation for new staff ⇒ Personnel and Staff Development
- Training and Development Unit course for new staff
- Staff appraisal
- Peer teaching observation
- External examiner's report ⇒ Vice Chancellor ⇒ Head of Discipline
- Once termly meetings of SHS Education Strategy Group, reporting to SHS Executive

Mechanisms for gaining student feedback on quality of teaching and their learning experience:

- Anonymous (MACE) student module feedback questionnaires ⇒ SHS Education Strategy Group ⇒ Head of Discipline
- Postgraduate Student/Staff Liaison Committee
- Student representation at SHS Meetings and on relevant committees
- Personal Tutor system

All students will be allocated a personal tutor, who will meet formally with them three times per annum, and who is also available to tutees at any other time

- Consultation times by lecturers
- Exit reviews of graduating cohort

Staff development priorities:

- Keep up to date with current sport and health practice and academic research
- New staff to obtain formal teaching qualifications
- All staff to undertake original research and publications to be REF returnable at required standard and to enhance teaching
- Regular attendance at SHS meetings and active participation by all in core teaching, and in administration
- Encouraging staff to keep up to date with current national teaching developments
- Membership of the Higher Education Academy