

AECC
University College
*Transforming lives
through Health Sciences*

Sport and Exercise Psychology Course Specification

Version 1.0

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BSc (Hons) Sport and Exercise Psychology Course Specification Contents

Basic Course Information.....	3
Course Overview.....	4
1. Admissions regulations and entry requirements.....	4
2. Aims of the course.....	4
3. Intended Learning Outcomes	4
4. Outline of course content	6
5. Placements, work-based learning or other special features of the course.....	7
6. Course structure, levels, units credit and award	7
7. Learning and teaching strategies and methods.....	7
8. Assessment strategies and methods.....	8
9. Learning hours.....	8
10. Staff delivering the course.....	8
11. Progression and assessment regulations	8
12. Additional costs.....	8
13. Methods for evaluating the quality of learning and teaching.....	9
14. Inclusivity statement.....	9
15. Reference points including QAA Benchmark statements.....	9
16. Regulatory & policy framework.....	9
Appendix 1: Course Diagram [inset course title]	10
Appendix 2: Learning outcomes mapping document template	11

Record of Modifications

Description of Modification	Date approved	Cohort(s) to which modification applies

Logo amended 20.11.2018

Title of course: BSc (Hons) Sport and Exercise Psychology

This specification provides a concise summary of the main features of the course and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if s/he takes full advantage of the learning opportunities that are provided.

Courses, major changes to courses and modifications to courses are approved following consideration through the University College's Course Approval and Review processes or Course and Unit Modification procedure, as appropriate. It is, however, expected that courses change over time, for example as a result of changes to professional accreditation requirements, in response to feedback from academic staff and students, and through annual review processes. Any such changes will be discussed with and communicated to students in an appropriate and timely manner.

Basic Course Information

Awarding Institution	AECC University College
Final award, title and credits	BSc (Hons) Sport and Exercise Psychology (360 CATS)
Interim exit awards, titles and credits	Cert HE Sport and Exercise Psychology (120 CATS) Dip HE Sport and Exercise Psychology (240 CATS)
FHEQ level of final award	6
Mode of study	Full-time
Accreditation details	Will apply for British Psychological Society (BPS) accreditation
Standard length of course	3 years
Minimum and maximum periods of study	3 years to 6 years
Language of delivery	English
Place of delivery	AECC University College
UCAS code (where applicable)	C813
HESA JACS (Joint Academic Coding System) Code(s) per course/pathway	C813
Date Framework /Course initially validated	3 rd July 2018
Date of first intake	September 2019
Version number of this Framework/Course Specification	1
Date this version approved/intake to which this applies	3 rd July 2018 / September 2019
Author	Stewart Cotterill

Course Overview

1. Admissions regulations and entry requirements

The regulations for this course are the University College's Standard Admission Regulations Section 4 which may be found from the [Latest Policies webpage](#). These regulations include the entry requirements and specific requirements regarding English language.

Recognition of Prior Learning (RPL)

AECC University College has a Recognition of Prior Learning Policy which can be found from the [Latest Policies webpage](#)

2. Aims of the course

The aims of the course are to:

- Bring together knowledge from complementary subject areas within the field of psychology with an emphasis on the areas of sport and exercise psychology.
- Equip students with knowledge and understanding of the core domains of psychology, the different theoretical and methodological perspectives associated with these domains, as well as some areas of applied psychology, and in particular sport and exercise psychology.
- Equip students with professional and practical skills specific to sport and exercise psychology to allow them to appropriately design, conduct, interpret and evaluate psychological studies.
- Utilise appropriate research design, methodologies and analyse techniques to facilitate and sustain critical scholarly investigation across a range of psychology-focused subject areas.
- Engage students in effective forms of communication through the appropriate use of written, interpersonal and presentational methods.
- Embed the key skills of active learning expected from graduates, such as: debating and questioning, independent and collaborative planning, interpersonal skills, goal-setting, self-management, self-reflection and evaluation, and those skills related to communication and information technology.
- Build the foundational knowledge, skills and expertise required to pursue a career within the field of sport and exercise psychology.
- Develop an understanding of the cotemporary psychological challenges that exist in sport and exercise domains.
- Consider the health-related benefits of physical activity and the impact on longevity and quality of life.
- Confer eligibility for the Graduate Basis for Chartered Membership of the British Psychological Society, provided the minimum standard of qualification of second class honours is achieved and the Empirical Research Project is passed.

3. Intended Learning Outcomes

On successful completion of the **BSc (Hons) Sport and Exercise Psychology** course, students will be able to demonstrate the following skills.

Subject Knowledge and Understanding

Having successfully completed this course students will be able to demonstrate knowledge and understanding of:

- A1 The field of psychology and in particular sport and exercise psychology. Offering an informed, critical, reflexive and multidisciplinary understanding.
- A2 How to identify and critically, ethically, and accurately reflect on issues and problems related to psychology, and specifically to sport and exercise psychology.
- A3 Critically evaluating major theoretical perspectives, debates, empirical research, methods, fundamental assumptions and conceptual issues within a number of advanced topics in psychology.
- A4 Psychology employment options, with a focus on those specific to sport and exercise but also including those which do not traditionally require higher vocational training at Masters or Doctoral level.

Intellectual Skills

Having successfully completed this course students will be able to:

- B1 Reflect critically on the central themes within the course units
- B2 Critically relate theory to practice in the context of sport and exercise psychology

3. Intended Learning Outcomes

- B3 Apply knowledge to solve problems in both laboratory and 'real-world' settings.
- B4 Identify, understand and synthesise ethical issues as they may arise and be applied in psychological research and sport and exercise psychology practice

Practical Skills

Having successfully completed this course students will be able to:

- C1 Plan, design and execute a piece of independent research in the area of sport and/or exercise psychology
- C2 Monitor and evaluate human behaviour (individual and group) in laboratory and field settings
- C3 Plan, prepare and critically present appropriate techniques and skills to develop the application of psychology in practice, in particular relating to sport and exercise-focused domains.

Transferable skills

Having successfully completed this course students will be able to:

- D1 Communicate effectively
- D2 Problem solve
- D3 Work effectively as part of a team
- D4 Manage their own learning
- D5 Utilise technology in discipline-specific contexts

On successful completion of the **Diploma of Higher Education Sport and Exercise Psychology** course, students will be able to demonstrate the following skills.

Subject Knowledge and Understanding

Having successfully completed this course students will be able to demonstrate knowledge and understanding of:

- A1 The field of psychology and in particular sport and exercise psychology. Offering an informed and reflexive understanding.
- A2 How to identify, and accurately reflect on issues and problems related to psychology, and specifically to sport and exercise psychology.
- A3 Major theoretical perspectives, debates, empirical research, methods, fundamental assumptions and conceptual issues within a number of topics in psychology.
- A4 Psychology employment options, with a focus on those specific to sport and exercise but also including those which do not traditionally require higher vocational training at Masters or Doctoral level.

Intellectual Skills

Having successfully completed this course students will be able to:

- B1 Reflect on the central themes within the course units
- B2 Relate theory to practice in the context of sport and exercise psychology
- B3 Develop knowledge to solve problems in both laboratory and 'real-world' settings.
- B4 Identify and understand ethical issues as they may arise and be applied in psychological research and sport and exercise psychology practice

Practical Skills

Having successfully completed this course students will be able to:

- C1 Plan and design a piece of independent research
- C2 Monitor and evaluate human behaviour (individual and group) in laboratory and field settings
- C3 Plan, prepare and present appropriate techniques and skills to develop the application of psychology in practice, in particular relating to sport and exercise domains.

Transferable skills

Having successfully completed this course students will be able to:

- D1 Communicate effectively
- D2 Problem solve
- D3 Work effectively as part of a team
- D4 Manage their own learning
- D5 Utilise technology in discipline-specific contexts

3. Intended Learning Outcomes

On successful completion of the **Certificate of Higher Education Sport and Exercise Psychology** course, students will be able to demonstrate the following skills.

Subject Knowledge and Understanding

Having successfully completed this course students will be able to demonstrate knowledge and understanding of:

- A1 Have an informed and reflexive understanding of the field of psychology and specific psychological domains.
- A2 How to identify issues and problems related to psychology, and specifically to sport and exercise psychology.
- A3 Major theoretical perspectives, debates, empirical research, methods, fundamental assumptions and conceptual issues within a number of topics in psychology.
- A4 Psychology employment options, with a focus on those specific to sport and exercise but also including those which do not traditionally require higher vocational training at Masters or Doctoral level.

Intellectual Skills

Having successfully completed this course students will be able to:

- B1 Discuss the central themes within the course units
- B2 Understand theory and practice in the context of sport and exercise psychology
- B3 Understand problems that might exist in both laboratory and 'real-world' settings.
- B4 Identify synthesise ethical issues as they may arise and be applied in psychological research and sport and exercise psychology practice

Practical Skills

Having successfully completed this course students will be able to:

- C1 Plan a piece of independent research
- C2 Monitor human behaviour (individual and group) in laboratory and field settings
- C3 Plan appropriate techniques and skills to develop the application of psychology in practice, in particular relating to sport and exercise domains.

Transferable skills

Having successfully completed this course students will be able to:

- D1 Communicate effectively
- D2 Problem solve
- D3 Work effectively as part of a team
- D4 Manage their own learning
- D5 Utilise technology in discipline-specific contexts

Course Structure

4. Outline of course content

This sport and exercise psychology course shares a number of core units with the three other undergraduate psychology courses at the Institution. The BSc (Hons) Sport and Exercise Psychology shares 100 credits of units at level four (Introduction to Psychology Research Methods; Quantitative Research Methods; Applying Psychology; Conceptual and Historical Perspectives; and Introduction to Learning). The final 20-credit unit at level four (Psychology of Exercise, Health and Sport) is shared between the BSc (Hons) Sport and Exercise Psychology and BSc (Hons) Health Psychology. In the modules Applying Psychology and Contextual and Historical Perspectives the assessment is tailored to the specific degree course, so in this instance students will apply their learning within the sport and exercise psychology domain.

At level five there is again 100 credits shared with other undergraduate psychology courses at the Institution (Advanced Research Methods; Cognitive Psychology; Developmental Psychology; Social Psychology; Biological Psychology;). The final 20-credit unit at level five (Sport and Performance Psychology) is specific to the BSc (Hons) Sport and Exercise Psychology, which looks to further develop the sport and exercise psychology specialist focus to this course. Again, several of the shared units offer assessments that are unique to each degree to further specialise application of knowledge.

4. Outline of course content

At level six the BSc (Hons) Sport and Exercise Psychology shares a 20 credit unit (Individual Differences) with a 20 credit unit (Applied Sport Psychology) and a 40 credit Sport and Exercise Psychology Dissertation specifically designed for the BSc (Hons) Sport and Exercise Psychology course. Finally, the course offers a wide range of option units including: (Working with Teams; Cognitive Neuroscience; Contemporary Issues in Psychology; Rehabilitating the Brain; Clinical Psychology; and Positive Psychology).

The structure of this courses offers a contemporary and industry relevant curriculum while that specialises in sport and exercise psychology while also offering students the opportunity to develop a broad understanding of the field of psychology. The degree of units shared with other undergraduate psychology courses allows students to meet a broader range of fellow students while also covering the curriculum articulated by the British Psychological Society.

Finally, the course offers a number of option units in the final year of study. There will be a choice of option units available for selection each year though the specific range will depend on the number of students interested in each individual unit.

5. Placements, work-based learning or other special features of the course

As part of the course students will have the opportunity to undertake a placement unit in the final year of study (level 6). There will also be volunteering opportunities for students outside of the formal curriculum to gain experience applying psychological research and theory.

6. Course structure, levels, units credit and award

The level of study, units and credits required for the course and for final and exit awards are set out in is set out in the **course diagram** provided as [Appendix 1](#).

The **learning outcomes mapping document** at [Appendix 2](#) shows the relationship between ILOs for units and the overarching ILOs of the course.

Learning, Teaching and Assessment

7. Learning and teaching strategies and methods

Staff delivering the sport and exercise psychology course will aim to deliver an excellent student experience by providing learning opportunities designed to build independent, critical and aspirational learners. This high quality learning experience for our students will be supported by informed, motivated, and well-qualified academic staff, adopting creative and imaginative approaches. This staffing base will ensure an active engagement with research informed teaching, where tutors will exchange knowledge with students to build an active community of learners. A key aim of this environment will be to empower sport and exercise psychology students as learners and to inspire them to both contribute and to achieve.

Formal teaching methods may vary depending on the relevant learning outcomes, but may include (KIS category in brackets):

- Lectures (*Scheduled*)
- Seminars (*Scheduled*)
- Tutorials (*Scheduled*)
- Project Supervision (*Scheduled*)
- Practical Classes and Workshops (*Scheduled*)
- Guided Independent Study (*Independent*)

In addition, a variety of other teaching and learning methods may also be employed. These may include:

- Guest Speakers
- Small Group Learning Activities and Projects
- Individual and Group Presentations
- Role-Play Activities
- Case-Study Analyses
- Placement/work-based learning

7. Learning and teaching strategies and methods

Overall, students' employability skills are developed throughout the course with individual and group-based exercises that require design, planning, analysis and evaluation within a theoretical and practical context.

8. Assessment strategies and methods

A variety of innovative, formative and summative assessment methods will be employed in across units in the sport and exercise psychology course. The aim here will be to balance the formative (developmental) and summative (judgemental) aspects of assessment to promote deeper learning among sport and exercise psychology students and to give students a greater opportunity to maximise their potential.

With regards to feedback, sport and exercise psychology students will receive both explanatory and diagnostic feedback, as well as grades. All assessments will also be anchored in clearly articulated learning outcomes and assessment criteria; with specific assessment criteria for each summative mode of assessment published on the Virtual Learning Environment (VLE) at the outset of each unit.

The following assessment types (KIS category in brackets) may be employed in the sport and exercise psychology course:

- Written Exam (*Written*)
- Written Assignment, including Essay (*Coursework*)
- Dissertation (*Coursework*)
- Portfolio (*Coursework*)
- Oral Assessment and Presentation (*Practical*)
- Practical Skills Assessment (*Practical*)

The interests of sport and exercise psychology students with protected characteristics will be taken into consideration and reasonable adjustments will be made provided that these do not compromise academic standards as expressed through the learning outcomes.

9. Learning hours

AECC University College courses are composed of units of study, which are assigned a credit value indicating the amount of learning undertaken. The minimum credit value of a unit is normally 20 credits, but half-units are permitted. 20 credits is the equivalent of 200 student study hours, including lectures, seminars, assessment and independent study. 20 University credits are equivalent to 10 European Credit Transfer System (ECTS) credits.

10. Staff delivering the course

Students will be taught by AECC University College academic staff and qualified professional practitioners with relevant expertise.

11. Progression and assessment regulations

The regulations for this course are the University College's Standard Assessment Regulations which may be found from the [Latest Policies webpage](#).

12. Additional costs

Additional costs are mandatory or optional costs which students will need to meet in order to fully participate in and complete their course. Students will need to budget for these costs separately as they are not included in the overall tuition fee they are charged. Information about additional costs applying to students on this course can be found in the document **Important information to take into account when choosing your course** available from the [Latest Policies webpage](#)

There will be an expectation that students will purchase copies of core textbooks. The cost of books will be in region of £75-200 per year. Students will also be required to pay for printing or photocopying where required. The cost of which will be £10-£25. All course work will be submitted electronically which will mean students will not be required to print and submit hard (paper) copies of their work. Some students may be required to be DBS checked if the opt for certain volunteer or placement opportunities. Costs related to this need to be funded by the student.

13. Methods for evaluating the quality of learning and teaching

Students have the opportunity to engage in the quality assurance and enhancement of their courses in a number of ways, which may include:

- Completing student surveys annually to give feedback on individual units and on the course as a whole
- Completing the National Student Survey in the final year of the course
- Taking part in focus groups as arranged
- Seeking nomination as a Student Union representative OR engaging with these elected student representatives
- Serving as a student representative on Evaluation panels for course approval/review
- Taking part in course approval or professional body meetings by joining a group of students to meet with the panel
- Taking part in meetings with the external examiner(s) for the course (such meetings may take place virtually where courses are part-time)

The ways in which the quality of the University College's courses are monitored and assured checked, both inside and outside the institution, are:

- Annual monitoring of units and courses
- Periodic Course review, at least every six years.
- External examiners, who produce an annual report
- Oversight by Academic Development and Quality Committee (which includes student representation), reporting to Academic Board
- Professional body accreditation
- External Quality Assurance Reviews and annual monitoring

14. Inclusivity statement

AECC University College is committed to being an institution where students and staff from all backgrounds can flourish. AECC University College recognises the importance of equality of opportunity and promoting diversity, in accordance with our Dignity Diversity and Equality Policy. We are committed to a working and learning environment that is free from physical, verbal and non-verbal harassment and bullying of individuals on any grounds, and where everyone is treated with dignity and respect, within a positive and satisfying learning and working environment.

AECC University College seeks to ensure that all students admitted to our courses have the opportunity to fulfil their educational potential. The interests of students with protected characteristics will be taken into consideration and reasonable adjustments will be made provided that these do not compromise academic or professional standards as expressed through the learning outcomes.

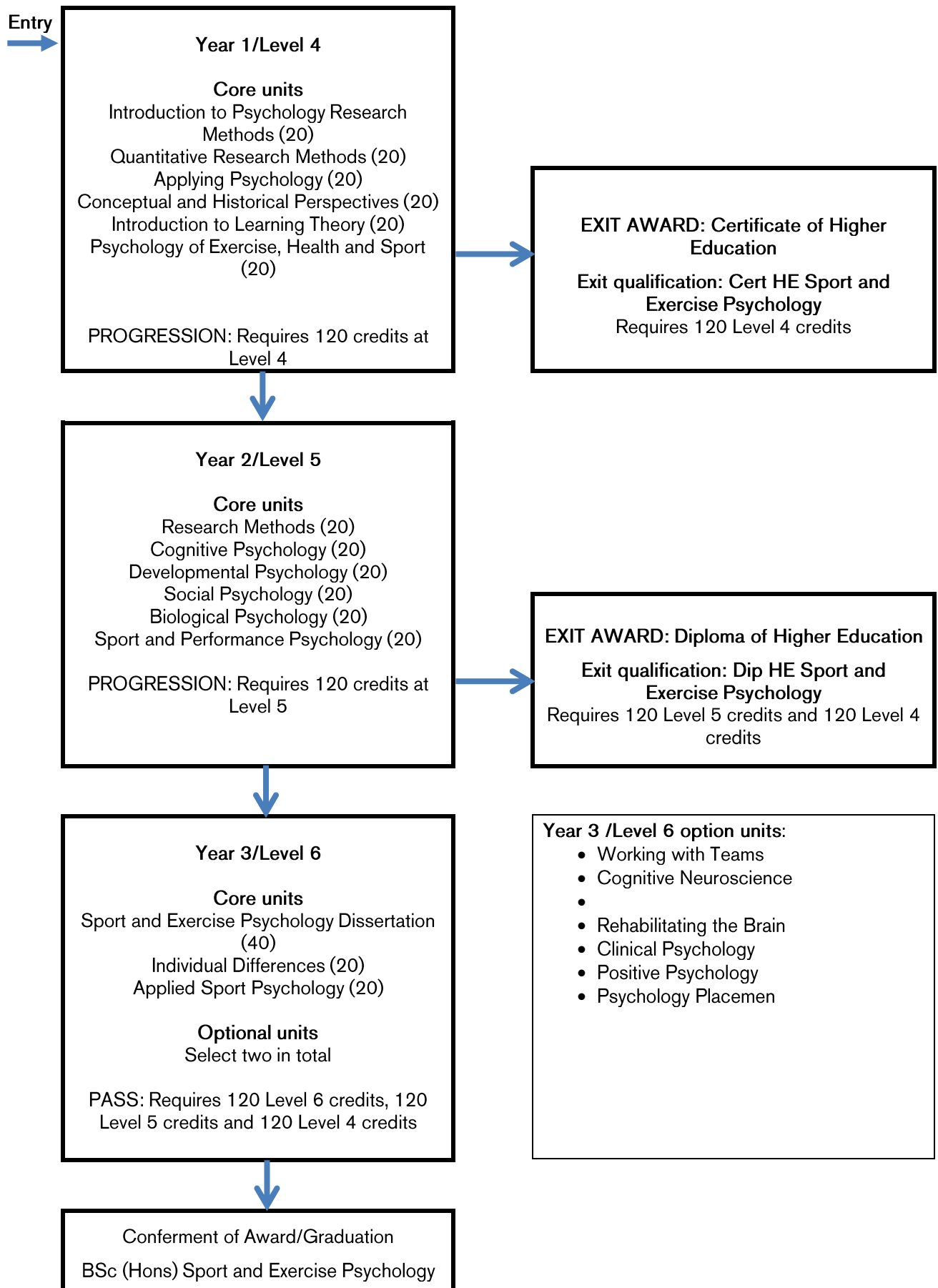
15. Reference points including QAA Benchmark statements

- UK Quality Code for Higher Education Chapter A1: The National Level incorporating the Framework for Higher Education Qualifications
- QAA subject benchmark statement for Psychology
- British Psychological Society (BPS) Standards for Undergraduate Accreditation
- UK Quality Code for Higher Education Chapter A1: The National Level incorporating the Framework for Higher Education Qualifications
- QAA subject benchmark statement for Psychology
- British Psychological Society (BPS) Standards for Undergraduate Accreditation

16. Regulatory & policy framework

The course conforms fully with the University College's Academic Regulations and Policies for Taught Courses.

Appendix 1: Course Diagram BSc (Hons) Sport and Exercise Psychology



Appendix 2: Learning outcomes mapping document template

This table shows where a learning outcome referenced in the course specification may be demonstrated by successful completion of a unit.

Unit	Subject Knowledge and Understanding				X	Intellectual Skills				Practical Skills			Transferable skills				
	A1	A2	A3	A4		B1	B2	B3	B4	C1	C2	C3	D1	D2	D3	D4	D5
Introduction to Psychology Research Methods		X						X	X	X			X	X	X	X	X
Quantitative research Methods		X		X				X	X	X			X	X	X	X	X
Applying Psychology	X					X			X				X	X	X	X	X
Conceptual and Historical Perspectives	X					X							X	X	X	X	X
Introduction to Learning Theory	X			X		X					X		X	X	X	X	X
Psychology of Exercise, Health and Sport	X					X	X	X	X		X		X	X	X	X	X
Research Methods		X				X	X	X	X	X			X	X	X	X	X
Cognitive Psychology	X					X	X	X			X		X	X	X	X	X
Developmental Psychology	X	X				X		X			X		X	X	X	X	X
Social Psychology	X					X	X	X			X		X	X	X	X	X
Biological Psychology	X							X			X		X	X	X	X	X
Sport and Performance Psychology	X			X		X		X	X		X		X	X	X	X	X
Dissertation			X			X	X	X	X	X			X	X	X	X	X
Individual Differences	X	X	X			X	X	X			X		X	X	X	X	X
Applied Sport Psychology	X	X	X			X	X	X	X		X	X	X	X		X	
Working with Teams	X	X	X			X	X	X	X		X		X	X	X	X	X
Cognitive Neuroscience	X		X			X	X	X	X				X	X	X	X	X
Clinical Psychology	X	X	X			X	X	X	X		X	X	X	X	X	X	X
Positive Psychology	X	X	X			X	X	X	X		X	X	X	X	X	X	X
Psychology Placement		X		X		X	X		X		X	X	X	X	X	x	