UNIVERSITY OF PLYMOUTH
Faculty of Medicine and Dentistry

School of Biomedical Sciences

Programme Specification

BSc (Hons) Health and Fitness (2703)

2018/19

1. BSc (Hons) Health and Fitness

Final award title: BSc (Hons) Health and Fitness

UCAS code C606

JACS code B900

2. Awarding Institution: University of Plymouth

Teaching institution(s): University of Plymouth

3. Accrediting body(ies) N/A

4. Distinctive Features of the Programme and the Student Experience

The degree in Health and Fitness meets an emerging need for suitably qualified individuals who can work in a range of contexts, leisure centres, sports clubs, gyms, play schemes, and bring skills of critical analysis, evaluation and planning to these areas of employment. It is the only provision in the South West of England that addresses this need through cross-regional provision, using the University of Plymouth Partner College network. This creates a point of access to higher education for many able individuals who might otherwise be denied.

The structure initially aims to develop student's abilities in the fundamental areas of health and fitness. In addition to these disciplines, students study aspects of behavioural psychology that will allow them to explore the concept of lifestyle and its possible therapeutic effect. Three modules for this programme are core modules, and students are given a choice of two out of three optional modules.

In their year of study, the focus is on the interacting roles of activity and eating behaviours on health through the lifespan, in relation to chronic health conditions and in health promotion. All students undertake a personal research project.

The content of the programme is delivered by subject experts from not only our own school but also dietitians and psychologists. Students have a range of learning opportunities - lectures, practicals, tutorials, workshops, skills sessions and revision aids. Assessment is also varied and includes academic coursework, exams, case studies, and reflective practice to enhance student development and initiate self-directed learning processes required for continuing professional development within the workplace. Students are supported by academic staff passionate in delivering research informed teaching and best practice. Students are expected to be equipped with practical and statistical skills, from their Foundation degrees, ready for their final year research project.

5. Relevant QAA Subject Benchmark Group(s)

All programmes within the School confirm to the academic standards set out in the Quality Assurance Agency for Higher Education subject benchmark statements for honours degrees. The Benchmark Statement for Biosciences is available at:
http://www.qaa.ac.uk/en/Publications/Documents/Subject-benchmark-statement-Biosciences.pdf

6. Programme Structure

Note: *This is a final year progression route for students studying foundation degrees with Plymouth University Partner Colleges*

BSc (Hons) Health and Fitness - Stage Three

<table>
<tr><td rowspan="4">BHCS3001

Personal Research Project (40cr)</td><td>BHCS3025

Physical Activity, Nutrition and Public Health (20cr) (optional)</td><td>BHCS3022

Contemporary Issues in Human Health (20cr) (optional)</td><td>PSYC392
Current Topics in Applied Psychology (20cr) (optional)</td><td rowspan="4">BHCS3031

Personal development and employability (0cr)</td></tr>
<tr><td colspan="3">Inter-semester break</td></tr>
<tr><td>BHCS3024

Diet Exercise and Chronic Disease (20cr)</td><td colspan="2">BHCS3023

Athletic Performance, Sport and Nutrition (20cr)</td></tr>
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7. Programme Aims

1) To deliver an intellectually stimulating programme of study founded upon the academic aspects of the study of Health and Fitness.

2) To enable students to acquire transferable, technical and professional skills appropriate to personal and career development.

3) To produce graduates who can demonstrate the ability to apply accepted methods in Health and Fitness practice in a management context, suitable for a wide range of vocational and non-vocational careers.

4) To produce graduates who can solve problems in Health and Fitness and undertake challenging research projects in the area.

5) To endow students with an ethos of lifelong learning.

8. Programme Intended Learning Outcomes

This section identifies the knowledge and skills that are developed in the Health and Fitness top-up degree. Since this is a third-year (ie *honours*) only, the outcomes are identified accordingly, with the assumption that both *certificate* (first year) and *diploma* (second year) level outcomes have been achieved by students progressing to the top-up. In Appendix 2, the learning outcomes are mapped on to the Programme aims and the relevant QAA threshold benchmarking statements (noted in Appendix 1).

Each sub-section identifies a learning outcome area and each numbered point represents a component that graduates in Health and Fitness will be able to demonstrate.

8.1. Knowledge and understanding

On successful completion graduates should have developed:

1) Critical understanding of the development of knowledge in the general Health and Fitness domain
2) An understanding of the need for both a multi-disciplinary and inter-disciplinary approach to study of aspects of Health and Fitness, drawing, as appropriate, from service, research and professional contexts;
3) An understanding of the constituents of Health and Fitness, through both academic and professional reflective practice;
4) Research and problem-solving abilities by critically understanding methods of acquiring, interpreting and analysing information appropriate to Health and Fitness;
5) An understanding and critical awareness of, the moral, ethical, environmental and legal issues which underpin best practice in Health and Fitness

8.2. Cognitive and intellectual skills

On successful completion graduates should be able to:

1) In the context of health and fitness, research and assess subject specific facts, theories, paradigms, principles and concepts;
2) Critically assess and evaluate evidence relating to problems in Health and Fitness;
3) Critically interpret data and text relating to Health and Fitness projects;
4) Apply theoretical Health and Fitness knowledge to the solution of familiar and unfamiliar problems;
5) Develop a reasoned argument and challenge assumptions in Health and Fitness;
6) Take responsibility for their own learning and continuing professional development.

8.3. Key and transferable skills

On successful completion graduates should have developed the ability to:

1) Select appropriate oral and written communication and presentation skills
2) Apply numeracy and C & IT skills
3) Interactive and group skills
4) Demonstrate problem solving skills in their area
5) Reflect and self-appraise on practice
6) Manage and plan their and others' learning.

8.4. Employment related skills

On successful completion graduates should be able to:

1) Exercise initiative and have the ability to take personal responsibility
2) Make decisions in complex and unpredictable contexts
3) Undertake appropriate further training of a professional or equivalent nature

8.5. Practical skills

On successful completion graduates should have the ability to:

1) Plan, design and execute practical activities in Health and Fitness, using appropriate techniques and procedures
2) Undertake Health and Fitness assessments, in laboratory and field, with due regard for safety and risk assessment
3) Plan, design, execute and communicate a sustained piece of independent intellectual work using appropriate media
4) Recognise and respond to moral, ethical and safety issues which directly pertain to Health and Fitness, including relevant legislation and professional codes of conduct.

9. Admissions Criteria, including APCL, APEL and DAS arrangements

9.1 Qualifications for Entry

BSc (Hons) Health and Fitness is a third year progression route only. The following are the applicable admissions criteria:

i. Possession of a Foundation Degree in an appropriate subject. Any Foundation Degree that names this award as an agreed progression route will automatically be deemed suitable. Foundation degrees with current articulation routes are listed in Appendix 3.

Progression from other Foundation degrees will be considered on an individual basis depending on module content and at the discretion of the Admissions Tutor. Applicants will normally have achieved an overall mark of 50% or more for their Foundation Degree. Candidates with an overall mark between 40% - 49% will be considered on an individual basis, taking into account references etc.

ii A candidate with an HND in an appropriate subject, with 120 level 2 credits and with a majority of merits and distinctions, will be considered on an individual basis.

iii. Applications from students who have completed a Foundation degree or an HND and then wish to resume to progress to the BSc (Hons) Health and Fitness after a break of study will be considered by the Admissions Tutor. Students must complete their studies on the progression programme within 6 years of their initial registration on the Foundation Degree.

iv Accreditation of Prior Certificated Learning (APCL) and Assessment of Prior Experiential Learning (APEL) will be offered, where appropriate, following the University of Plymouth guidelines. The University's regulations for Accreditation of Prior Certificated Learning (APCL) and Assessment of Prior Experiential Learning (APEL) are set out in the 'University Academic Regulations'. https://www.plymouth.ac.uk/student-life/academic-regulations
We may also consider admission on the basis of work or life experience.
We welcome evidence of prior learning and experience from applicants. Due to the range and mixture of prior qualification and experience applications presenting such evidence will be considered on an individual basis by the Admissions Tutor in consultation with the programmes lead.

v. Students who have not obtained or do not expect to obtain entry qualifications in the English language, are required to produce evidence of English language ability. Further information can be found on the Plymouth University website at: https://www.plymouth.ac.uk/international/how-to-apply/international-students-entry-requirements

English Language Requirements

Students are required to produce evidence of English language ability. This will normally be the equivalent of:

- GCSE Grade C (or 4+ on new grading system) or above in English language;
- IELTS overall score of 6.0 or above with at least 5.5 in each element.
- Equivalencies are detailed on the website: https://www.plymouth.ac.uk/international/how-to-apply/international-students-entry-requirements

9.2 Students with disabilities

The University of Plymouth is committed to ensuring that disabled people are treated fairly. Reasonable adjustments to provision will be made to ensure that disabled students are not disadvantaged. Prospective students should bear in mind that the nature of the programme involves physical activities. Prospective students who are unsure should contact the Plymouth University Disability Services if they wish to discuss any special needs they may have.

9.3 Contract of Admission

The University's rules and regulations are incorporated into the contract made with the student. All students are required, as a condition of enrolment, to accept those rules and regulations which are set out:

- in the Student Handbook;
- on the University's website.

Any offer of a place made by the University is made on the basis of the applicant's:

- acceptance of the University's rules and regulations as published and amended from time to time.

10. Progression criteria for Final and Intermediate Awards

The School of Biomedical Sciences operates under the standard University of Plymouth assessment and progression regulations. These are available on the University web site at:

https://www.plymouth.ac.uk/student-life/your-studies/essential-information/regulations

11. Progression routes into Medicine and Dentistry - Graduate Entry

Students who have achieved a 1st in the BSc (Hons) Health and Fitness programme can apply to join the Plymouth BMBS or BDS programmes through UCAS. The degree needs to have been awarded no more than two years preceding application. Students selecting this entry route do not need to sit the Graduate Medical Schools Admissions Test (GAMSAT). Offers are subject to interview performance and all offers will be conditional. For non-academic conditions please refer to the course entry requirements page of the relevant degree programme.

12. Exceptions to Regulations

Not applicable

13. Transitional Arrangements

A new programme structure was implemented in summer 2015. From Summer 2017, an additional 0 credit module, BHCS3031 Personal development and employability, was introduced to support and enhance student employability.

14. Appendices:

Appendix 1: Intended Programme learning outcomes map

Appendix 2: Assessment vs Modules Mapping

Appendix 3: Current foundation degree programmes with articulation to this programme

Appendix 1 – Intended Programme learning outcomes map

Graduate Attributes & Skills	
Programme Intended Learning Outcomes as worded in the Programme Specification	**Related Modules**
Knowledge / Understanding	
On successful completion graduates should have developed:	
1) Critical understanding of the development of knowledge in the general Health and Fitness domain	BHCS3001, BHCS3024, BHCS3025, BHCS3024, BHCS3022, PSYC392
2) An understanding of the disciplinary approach to study of aspects of Health and Fitness, drawing, as appropriate, from service, research and professional contexts;	BHCS3025, PSYC392, BHSC2024
3) An understanding of the constituents of Health and Fitness, through both academic and professional reflective practice;	BHCS3001
4) Research and problem-solving abilities by critically understanding methods of acquiring, interpreting and analysing information appropriate to Health and Fitness;	BHCS3001, BHCS3023, BHCS3022 BHCS3001, BHCS3023, BHCS3022
5) An understanding and critical awareness of, the moral, ethical, environmental and legal issues which underpin best practice in Health and Fitness	BHCS3001, BHCS3023, BHCS3022, BHCS3025
Cognitive / Intellectual Skills	
On successful completion graduates should be able to:	
1) In the context of health and fitness, research and assess subject specific facts, theories, paradigms, principles and concepts;	BHCS3001, BHCS3024, BHCS3025, BHCS3023, BHCS3022, PSYC392
2) Critically assess and evaluate evidence relating to problems in Health and Fitness;	BHCS3001, BHCS3024, BHCS3025, BHCS3023, BHCS3022, PSYC392

3) Critically interpret data and text relating to Health and Fitness projects;	BHCS3001, BHCS3023
4) Apply theoretical Health and Fitness knowledge to the solution of familiar and unfamiliar problems;	BHCS3001, BHCS3022
5) Develop a reasoned argument and challenge assumptions in Health and Fitness;	BHCS3001, BHCS3024, BHCS3025, BHCS3023, BHCS3022, PSYC392
6) Take responsibility for their own learning and continuing professional development	All modules especially BHCS3001, BHCS3023, BHCS3025
Key / Transferable Skills	
On successful completion graduates should be able to:	
1) Select appropriate oral and written communication and presentation skills	Oral BHCS3001, BHCS3025, BHCS3022, BHCS3023
2) Apply numeracy and C & IT skills	BHCS3001, BHCS3023
3) Interactive and group skills	BHCS3001, BHCS3023
4) Demonstrate problem solving skills in their area	BHCS3001, BHCS3023
5) Reflect and self-appraise on practice	BHCS3001, BHCS3025
6) Manage and plan their and others' learning.	All modules
Practical Skills	
On successful completion graduates should have the ability to:	
1) Plan, design and execute practical activities in Health and Fitness, using appropriate techniques and procedures	BHCS3001, BHCS3023
2) Undertake Health and Fitness assessments, in laboratory and field, with due regard for safety and risk assessment	BHCS3001, BHCS3023
3) plan, design, execute and communicate a sustained piece of independent intellectual work using appropriate media	BHCS3001, BHCS3023
4) Recognise and respond to moral, ethical and safety issues which directly pertain to Health and Fitness, including relevant legislation and professional codes of conduct	BHCS3001, BHCS3023, BHCS3025

Numeracy skills	
On successful completion graduates should have the ability to: 1) Receive and respond to a variety of sources of information: textual, numerical, verbal, graphical 2) Carry out sample selection; record and analyse data in the field and/or the laboratory; ensure validity, accuracy, calibration, precision, replicability and highlight uncertainty during collection 3) Prepare, process, interpret and present data, using appropriate qualitative and quantitative techniques, statistical programmes, spreadsheets and programs for presenting data visually 4) Solve problems by a variety of methods, including the use of computers	 BHCS3001 BHCS3001 BHCS3001 BHCS3001
Communication, presentation and information technology skills	
Graduates should be able to: 1) Communicate about their subject appropriately to a variety of audiences using a range of formats and approaches, using appropriate scientific language 2) Cite and reference work in an appropriate manner, including the avoidance of plagiarism 3) Use the internet and other electronic sources critically as a means of communication and a source of information.	 All modules written for scientific audience lay audience: BHCS3023 (orally) Scientific audience orally: BHCS3022, BHCS3001 (poster) All modules
Interpersonal and teamwork skills	
Graduates should be able to: 1) Identify individual and collective goals and responsibilities and perform in a manner appropriate to these roles, in particular those being developed through practical, laboratory and/or field studies 2) Recognise and respect the views and opinions of other team members; negotiating skills	 BHCS3001 BHCS3022 BHCS3022

3) Evaluate performance as an individual and a team member; evaluate the performance of others 4) Develop an appreciation of the interdisciplinary nature of science and of the validity of different points of view.	BHCS3035, BHCS3022
Self-management and professional development skills	
Graduates should be able to:	
1) Develop the skills necessary for self-managed and lifelong learning (e.g. working independently, time management, organisational, enterprise and knowledge transfer skills)	BHCS3001, BHCS3023
2) Identify and work towards targets for personal, academic and career development	BHCS3001, BHCS3023, BHCS3025
3) Develop an adaptable, flexible and effective approach to study and work	All modules
Employment-related Skills	
On successful completion graduates should have the ability to:	
1) Exercise initiative and have the ability to take personal responsibility	All modules
2) Make decisions in complex and unpredictable contexts	BHCS3031
3) The ability to undertake appropriate further training of a professional or equivalent nature	BHCS3001, BHCS3023, BHCS3031

Appendix 2: Assessment vs Modules Mapping

Module Code	Module Title	Credit	Exam		Coursework		Practice
			E1	T1	C1	A1	P1
Stage 3 (Level 6): Health & Fitness							
BHCS3001	Personal Research Project	40			90	P/F	10
BHCS3022	Contemporary Issues in Human Health	20	30		70		
BHCS3023	Athletic Performance, Sport and Nutrition	20			100		
BHCS3024	Diet, Exercise and Chronic Disease	20	50		50		
BHCS3025	Physical Activity, Nutrition and Public Health	20	50				50
BHCS3031	Personal Development and Employability	0					
PSYC392	Current Topics in Applied Psychology	20			100		

Appendix 3: Current foundation degree programmes with articulation to this programme

- FdA Coaching and Fitness (Exeter College)
- FdSc Personal Trainer (Truro College)
- FdSc Sport and Exercise Rehabilitation (SCAT)
- FdSc Sport, Health and Fitness (Cornwall College)
- FdSc Sports Coaching and Therapy (Truro College)
- FdSc Sports Performance Analysis and Management (Penwith College)
- FdSc Sports Science and Injury Management (Truro College)
- FdSc Sports Therapy (City College Plymouth)
- FdSc Strength and Conditioning (City College Plymouth)
- FdSc Exercise Science and Fitness (South Devon College)