

UNIVERSITY OF CENTRAL LANCASHIRE

Programme Specification

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

Sources of information on the programme can be found in Section 17

1. Awarding Institution / Body	University of Central Lancashire
2. Teaching Institution and Location of Delivery	Blackburn College, Burnley College, Myerscough College, Hugh Baird College
3. University School/Centre	School of Sport and Wellbeing
4. External Accreditation	None
5. Title of Final Award	Foundation Degree (Science) Health, Nutrition and Physical Activity
6. Modes of Attendance offered	Full time and Part Time
7. (a) UCAS Code	CC69 (Hugh Baird College)
7. (b) JACS Code	C600 & B400
8. Relevant Subject Benchmarking Group(s)	QAA Benchmark Statement Hospitality, Leisure, Sport and Tourism November 2016
9. Other external influences	CIMSPA, Register of Exercise Professionals, IPLA, Association of Nutrition, QAA Foundation Degree Characteristics Statement
10. Date of production/revision of this form	March 2017
11. Aims of the Programme	
<ul style="list-style-type: none"> • To enable students to gain and apply skills, knowledge and experience that will prepare them to work in the Health and Physical Activity industry • To identify and address vocational development with specific reference to employability and additional qualifications as well as providing an underpinning subject knowledge of Health, Nutrition and Physical Activity • To promote an ethos of self-reflection and self-development enabling the identification of ongoing professional development needs and strategies for achievement • To acquire the academic underpinning knowledge to progress to further study 	

12. Learning Outcomes, Teaching, Learning and Assessment Methods
A. Knowledge and Understanding
A1. Identify and explain of the concepts of health, nutrition, and physical activity. A2. Identify and assess personal development needs relevant to the health and physical activity industry and implement plans in order to develop relevant qualifications and experience A3. Evaluate and apply an understanding of health, nutrition and physical activity through both academic and professional practice, within a framework of evaluation and reflection.
Teaching and Learning Methods
Lectures, seminars, workshops and practical sessions. Student learning is encouraged and supported by e-learn, reflective practice and study groups.
Assessment methods
In class tests, practical assessment, skills audit, log book, portfolio, case study.
B. Subject-specific skills
B1. Plan, design and execute practical activities using appropriate techniques and procedures B2. Undertake practical work with due regard for safety and risk assessment B3. Apply analytical, problem solving and reasoning skills in a health, nutrition and physical activity context B4. Evaluate an overall awareness of the moral, ethical, environmental and legal issues that underpin best practice and provision of health, nutrition and physical activity interventions.
Teaching and Learning Methods
Lectures, seminars, workshops and practical sessions. Student learning is encouraged and supported by e-learn, reflective practice and study groups
Assessment methods
Practical assessment, log book, portfolio, case study, report, viva
C. Thinking Skills
C1. Plan, deliver and evaluate practical training techniques and sessions. C2. Apply and evaluate knowledge and concepts relating to managing and delivering interventions C3. Develop a reasoned argument to the solution of familiar and unfamiliar problems
Teaching and Learning Methods
Workshops, lectures, seminars, guest speakers, practical experience with Health and Fitness agencies
Assessment methods
Mini project, practical assessment, essays, reports, case study, portfolio
D. Other skills relevant to employability and personal development
D1. Assess and reflect upon the personal developmental needs relevant to work in the health, nutrition or physical activity domains D2. Use self-management and professional development skills to enhance subject knowledge.
Teaching and Learning Methods
Transferable skills are developed throughout the programme. A variety of teaching and learning experiences offered will facilitate the students' experience. Students will also evidence management and organisational skills through the creation, provision and review of health nutrition and physical activity concepts and their unique interpretation and solution to a variety of problems. Communication skills will be developed and enhanced through practical modules.
Assessment methods
Skills audit, log book, personal reflection, presentation, portfolio

13. Programme Structures*				14. Awards and Credits*
Level	Module Code	Module Title	Credit rating	
Level 5	SD2200	Work Placement	20	Foundation Degree Requires 240 credits including a minimum of 100 at Level 5 or above.
	SD2201	Research Project	20	
	XS2913	Sport and Exercise Nutrition	20	
	XS2600	Nutrition for Life	20	
	XS2915	Health, Exercise and Wellness	20	
	TL2213	Developing Physical Activity and Healthy Lifestyles	20	
Level 4	SD1200	Personal & Vocational Development in Sport	20	Foundation Certificate Requires 120 credits at Level 4 or above.
	SD1224	Developing Physical Activity	20	
	XS1910	Introduction to Sport and Exercise Psychology	20	
	XS1601	Principles of Nutrition and Biology	40	
	TL1116	Lifestyle and Physical Activity	20	
Foundation Entry delivered at Burnley College				
Level 3	HUC610	Essential Study Skills for Higher Education	40	Successful completion of 120 credits on this Foundation year programme guarantees progression to the first year of one of the following degrees: FdSc Health, Nutrition and Physical Activity FdA Sports Coaching FdSc Sport and Exercise Science Students who exit after successful completion of 120 credits at Level 3 will receive a transcript of the modules and grades.
	HUC111	Developing Essential Knowledge and Skills for Higher Education	20	
	HUC112	Informed Decision Making	20	
	TLC112	Fundamentals of Sports Delivery	20	
	TLC116	Introduction to Sports Studies	20	
15. Personal Development Planning				
<p>Certain modules within the programme relate to personal development planning. These are SD1200 and SD2200. Students will also be given the opportunity and encouraged to engage in vocationally relevant qualifications. Work-based elements are embedded throughout a range of modules (SD1200, SD2200, SD2201, TL2213, XS2600, XS2915 and XS 2913), which allow the student to reflect on their vocational development</p>				
16. Admissions criteria				
<p>Programme Specifications include minimum entry requirements, including academic qualifications, together with appropriate experience and skills required for entry to study. These criteria may be expressed as a range rather than a specific grade. Amendments to entry requirements may have been made after these documents were published and you should consult the University's website for the most up to date information.</p> <p>Students will be informed of their personal minimum entry criteria in their offer letter.</p>				
<p>32 UCAS points From at least two A2 level passes in a suitable subject with GCSE at Grade C or above in English and Mathematics, or A relevant advanced GNVQ with Merit profile, or An Edexcel (BTEC) National Diploma in a relevant discipline, or Qualification deemed equivalent to one of the above</p>				

Students without qualifications which are on this list may still qualify for entry. Mature students with relevant industrial experience, may qualify for entry. Applications from people with relevant work or life experience and/or non-standard qualifications who can demonstrate the ability to cope with and benefit from foundation degree-level studies are welcome.

Students for whom English is not their first language need to demonstrate their ability in the English language through obtaining an IELTS score of 5.5 or above or equivalent.

A Disclosure and Barring Service (DBS) check may be required.

17. Key sources of information about the programme

- College websites www.blackburn.ac.uk www.myerscough.ac.uk www.burnley.ac.uk
www.runshaw.ac.uk www.hughbaird.ac.uk
- Factsheet
- UCLan Sport Website
- Prospectus
- Open Days/Applicant Days

18. Curriculum Skills Map

Please tick in the relevant boxes where individual Programme Learning Outcomes are being assessed

Level	Module Code	Module Title	Core (C), Compulsory (COMP) or Option (O)	Programme Learning Outcomes											
				Knowledge and understanding				Subject-specific Skills				Thinking Skills			Other skills relevant to employability and personal development
				A1	A2	A3	B1	B2	B3	B4	C1	C2	C3	D1	D2
LEVEL 5	XS2915	Health, Exercise and Wellness	COMP	✓		✓	✓	✓		✓	✓	✓	✓	✓	
	XS2913	Sports and Exercise Nutrition	COMP	✓		✓			✓	✓		✓	✓		
	XS2600	Nutrition for Life	COMP	✓		✓	✓	✓				✓			
	SD2200	Work Placement	COMP	✓	✓	✓	✓	✓		✓	✓			✓	✓
	SD2201	Research Project	COMP	✓		✓			✓	✓			✓		✓
	TL2213	Developing Physical Activity and Healthy Lifestyles	COMP	✓		✓	✓			✓		✓	✓		✓
LEVEL 4	SD1200	Personal & Vocational Development in Sport	COMP	✓	✓	✓	✓	✓				✓		✓	
	XS1601	Principles of Nutrition and Biology	COMP	✓					✓			✓			
	XS1910	Introduction to Sport and Exercise Psychology	COMP	✓		✓	✓		✓	✓	✓	✓			
	TL1116	Lifestyle and Physical Activity	COMP	✓		✓	✓	✓		✓	✓	✓		✓	
	SD1224	Developing Physical Activity	COMP	✓		✓	✓	✓			✓	✓			

Note: Mapping to other external frameworks, e.g. professional/statutory bodies, will be included within Student Course Handbooks

19. LEARNING OUTCOMES FOR EXIT AWARDS:

Learning outcomes for the award of: Higher Education Certificate (Science) Health, Nutrition and Physical Activity

- A1. Identify and explain of the concepts of health, nutrition, and physical activity.
- A2. Identify and assess personal development needs relevant to the health and physical activity industry and implement plans in order to develop relevant qualifications and experience
- A3. Evaluate and apply an understanding of health, nutrition and physical activity through both academic and professional practice, within a framework of evaluation and reflection.

- B1. Plan, design and execute practical activities using appropriate techniques and procedures
- B2. Undertake practical work with due regard for safety and risk assessment
- B3. Apply analytical, problem solving and reasoning skills in a health, nutrition and physical activity context
- B4. Evaluate an overall awareness of the moral, ethical, environmental and legal issues that underpin best practice and provision of health, nutrition and physical activity interventions.

- C1. Plan, deliver and evaluate practical training techniques and sessions.
- C2. Apply and evaluate knowledge and concepts relating to managing and delivering interventions

- D1. Assess and reflect upon the personal developmental needs relevant to work in the health, nutrition or physical activity domains