UNIVERSITY OF WOLVERHAMPTON

Course Specification

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Core Information

Awarding Body / Institution:	University of Wolverhampton		
School / Institute:	School of Health and Wellbeing		
Course Code(s):	SR047H01UW SR047H31UW	Full-time Part-time	3 Years 6 Years
UCAS Code:	C604		
Course Title:	BSc (Hons) Sport and Exercise Science		
Hierarchy of Awards:	Bachelor of Science with Honours Sport and Exercise Science Bachelor of Science Sport and Exercise Science Diploma of Higher Education Sport and Exercise Science Certificate of Higher Education Sport and Exercise Science		
Language of Study:	English		
Date of first cohort:	14/Sep/2026		
Specification valid from:	2025/6		

Academic Staff

Course Leader:	Dr Paul Davies
Head of Department:	

Course Information

Location of Delivery:	University of Wolverhampton
Category of Partnership:	Standard Provision (Not delivered in partnership)
Teaching Institution:	University of Wolverhampton
Open / Closed Course:	This course is open to all suitably qualified candidates.

Entry Requirements:

Entry requirements are subject to regular review. The entry requirements applicable to a particular academic year will be published on the University website (and externally as appropriate e.g. UCAS

Typical entry requirement: 96 UCAS points.

- A Levels - grades CCC (at least one A Level should normally be in a Science subject (e.g. Applied Science; Biology; Human Biology; Physics; Chemistry; Environmental Science, Psychology, Health and Social Care, PE)
- BTEC L3 Extended Diploma or OCR Cambridge L3 Technical Extended Diploma - grades MMM in a Sport and Exercise and/or Science subject
- BTEC L3 Diploma - grades DD in a Sport and Exercise and/or Science subject
- Access to HE Diploma (60 credits) of which a minimum of 45 must be at Level 3 (96 UCAS point equivalence, minimum 45 credits at merit)
- 1st4sport Level 3 Diploma in Sport and Physical Activity or 1st4sport Level 3 Diploma in Sports Performance and Excellence - grade Distinction.

Use the UCAS Tariff calculator to check your qualifications and points.

- If you've got other qualifications or relevant experience, please contact The Gateway for further advice before applying.
- International entry requirements and application guidance can be found at http://www.wlv.ac.uk/international/apply
- Successful completion of the International Foundation Year in Education, Health and Wellbeing.

Other Requirements

Entry to this course requires a Disclosure and Barring Service (DBS) Check and an Occupational Health Check.

Free Disclosure and Barring Service (DBS) and Occupational Health Check:

Due to the professional nature of some of our courses you may also be required to complete a Declaration of Health and Disclosure and Barring Service (DBS) Check. We will coordinate both of these non-academic conditions with you should your course require this and you receive an offer from us

There will be no cost for the DBS this is free to applicants who have secured an offer and have chosen to study at the University of Wolverhampton.

Students must usually have studied for a minimum of two years post GCSE level. However, we will consider applications from mature students who do not have two years of post-16 study, where they have relevant work experience. Please see http://wlv.ac.uk/mature for further information.

Distinctive Features of the Course:

If you’re passionate about understanding human performance and helping people achieve their physical potential, our Sport and Exercise Science course offers an experience that goes far beyond the standard curriculum. Designed with your future career in mind, this degree combines cutting-edge science, hands-on practice, and industry connections to prepare you for a wide range of professional pathways, from elite sport to clinical exercise settings, to physical activity, health and wellbeing.

What makes our course distinctive is its integration of advanced technology, real-world application, and

professional development opportunities. You won’t just learn theory, you’ll apply it in state-of-the-art facilities and graduate with the skills and confidence to stand out in a competitive job market.

Here’s what sets us apart:

- Career-focused curriculum aligned with future certifications such as CASES, Strength & Conditioning Specialist, Personal Training, PE teaching (PGCE), Performance Analysis, Sport Coaching, and pathways to postgraduate clinical education (e.g., MSc Physiotherapy, MSc Clinical Exercise Physiology).
- Digital badges embedded throughout the course to showcase your competencies to employers.
- Exceptional facilities, including an environmental chamber, zero-gravity treadmill, 3D motion capture system with 20+ high-speed cameras, and a fully equipped performance gym featuring isoinertial flywheel technology.
- Dedicated physiology and biomechanics laboratories plus psychophysiological tools (GSR, EMG, ECG, EEG) for cutting-edge research and applied practice.
- Industry-linked placements and projects that connect you to graduate education and professional networks.
- Applied learning approach, ensuring you develop practical skills in problem-solving, scientific analysis, and athlete development.

By the time you graduate, you’ll have expert knowledge, and hands-on experience that opens doors to careers in sport performance, exercise and fitness, physical activity, health, education, and beyond. If you want a degree that doesn’t just teach you about sport and exercise science, but also equips you to lead in it, this is the course for you.

Educational Aims of the Course:

Intakes:

September

Major Source of Funding:

Office for Students (OFS)

Tuition Fees:

Tuition fees are reviewed on an annual basis. The fees applicable to a particular academic year will be published on the University website.

Year	Status	Mode	Amount
2025/6	H	Full Time / Sandwich	£9535.00
2025/6	Overseas	Full Time / Sandwich	£15995.00
2025/6	H	Part Time	£4768.00
2026/7	H	Full Time / Sandwich	£9790.00
2026/7	Overseas	Full Time / Sandwich	£17600.00
2026/7	H	Part Time	£4895.00

PSRB:

SR047H01UW (Full-time)

Professional Accreditation Body:

The Chartered Association of Sport and Exercise Sciences (CASES)

Accrediting Body:
The Chartered Association of Sport and Exercise Sciences (CASES)

Accreditation Statement:
The Chartered Association of Sport and Exercise Sciences (CASES) for the purposes of endorsement by the CASES Undergraduate Endorsement Scheme (CUES).

Approved	Start	Expected End	Renewal
14/Jul/2026	01/Sep/2026	02/Dec/2030	02/Dec/2030

SR047H31UW (Part-time)

Professional Accreditation Body:
The Chartered Association of Sport and Exercise Sciences (CASES)

Accrediting Body:
The Chartered Association of Sport and Exercise Sciences (CASES)

Accreditation Statement:
The Chartered Association of Sport and Exercise Sciences (CASES) for the purposes of endorsement by the CASES Undergraduate Endorsement Scheme (CUES).

Approved	Start	Expected End	Renewal
14/Jul/2026	01/Sep/2026	02/Dec/2030	02/Dec/2030

SR047H01UW (Full-time)

Professional Accreditation Body:
Chartered Institute for the Management of Sport and Physical Activity

Accrediting Body:
Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

Accreditation Statement:
Endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

Additional Notes:
"Upon successful completion of an approved programme of study graduates can apply for professional membership with CIMSPA, the professional development body for the UKÆs sport and physical activity sector."

Approved	Start	Expected End	Renewal
01/Jun/2021	01/Jun/2021	27/May/2023	27/May/2023

SR047H31UW (Part-time)

Professional Accreditation Body:
Chartered Institute for the Management of Sport and Physical Activity

Accrediting Body:
Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

Accreditation Statement:
Endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

Additional Notes:
"Upon successful completion of an approved programme of study graduates can apply for professional membership with CIMSPA, the professional development body for the UKÆs sport and physical activity sector."

Approved	Start	Expected End	Renewal
01/Jun/2021	01/Jun/2021	27/May/2023	27/May/2023

Course Structure:

September (Full-time)

Full time and Sandwich Undergraduate Honours students normally study 120 credits per academic year; 60 credits semester 1 and 60 credits semester 2.

Part time students study alongside full time students. However, they do not study more than 90 credits in each academic calendar year.

Module	Title	Credits	Period	Type
4SR077	Succeeding at University in Sport and Exercise Sciences	30	SEM1	Core
4SR076	Foundations of Sport and Exercise Psychology	30	SEM1	Core
4SR074	Foundations of Biomechanics and Human Movement	30	SEM2	Core
4SR075	Foundations of Exercise Physiology and Metabolism	30	SEM2	Core

September (Full-time)

Full time and Sandwich Undergraduate Honours students normally study 120 credits per academic year; 60 credits semester 1 and 60 credits semester 2.

Part time students study alongside full time students. However, they do not study more than 90 credits in each academic calendar year.

Module	Title	Credits	Period	Type
5SR072	Professional Development for Sport and Exercise Science	30	SEM2	Core
5SR071	Applied Sport and Exercise Psychology	30	SEM1	Core
5SR070	Applied Physiology for Health and Performance	30	SEM1	Core
5SR069	Applied Biomechanics for Health and Performance	30	SEM2	Core

September (Full-time)

Full time and Sandwich Undergraduate Honours students normally study 120 credits per academic year; 60 credits semester 1 and 60 credits semester 2.

Part time students study alongside full time students. However, they do not study more than 90 credits in each academic calendar year.

Module	Title	Credits	Period	Type
6SR063	Exercise Prescription for Health and Disease	30	SEM1	Core
6SR061	Advanced Applied Performance and Conditioning	30	SEM1	Core
6SR060	Professional Project	30	SEM2	Core
6SR062	Applications in Human Performance and Health: Enhancing Employability Skills	30	SEM2	Core

Please note: Optional modules might not run every year, the course team will decide on an annual basis which options will be running, based on student demand and academic factors, to create the best learning experience.

Learning, Teaching and Assessment

Regulations Exemption:

None.

Reference Points:

UK Quality Code for Higher Education

Qualifications and Credit Frameworks

Subject Benchmark Statements

University Policies and Regulations

Equality Act 2010: guidance - GOV.UK

Overview of Assessment:

As part of the course approval process, the course learning outcomes were mapped to each of the modules forming the diet of the programme of study. This process confirmed that all course learning outcomes can be met through successful completion of the modules. This mapping applies to the final award as well as to all of the intermediate awards.

Learning Outcomes	Modules
CERTHE01 Demonstrate knowledge of the underlying concepts, theories and principles associated with your area(s) of study (Knowing).	
CERTHE02 Evaluate, interpret and apply data, to develop ideas and discussion in your subject(s) of study (Knowing).	
CERTHE03 Use different approaches to solving problems related to your area(s) of study (Doing).	
CERTHE04 Communicate the results of your study/work accurately and reliably, and with structured and coherent arguments (Doing).	
CERTHE05 Identify and undertake further training and develop new skills to support your learning (Being).	
CERTHE06 Identify personal qualities and transferable skills necessary for further study and/or employment (Being).	
DIPHE01 Identify personal qualities and transferable skills necessary for further study and/or employment (Being).	
DIPHE02 Demonstrate the application of those principles in an employability and/or professional practice context (Knowing).	
DIPHE03 Identify and use methods of enquiry in the subject(s) and evaluate the appropriateness of different approaches to solving problems in study (Doing).	

Learning Outcomes	Modules
DIPHE04 Use a range of new and established techniques to explore and critique data and sources of information, to solve problems within your subject (Doing).	
DIPHE05 Effectively communicate information, arguments and analysis in a variety of forms to specialist and non-specialist audiences (Being).	
DIPHE06 Show personal responsibility and decision-making to developing existing skills and acquire new competences that will enable you to reach your employability goals (Being).	
BHONSN01 Demonstrate critical understanding of key aspects of Sport Science disciplines, including acquisition of coherent and detailed knowledge, at the forefront of your discipline (Knowing).	
BHONSN02 Apply Sport and Exercise Science methods and techniques that you have learnt to review, consolidate, extend and apply your knowledge and understanding, and to initiate and carry out independent studies or projects to a conclusion (Doing).	
BHONSN03 Devise and sustain arguments, and/or solve problems, using ideas and technical skills which are contemporary to a discipline in Sport and Exercise Science (Doing).	
BHONSN04 Evaluate evidence, arguments and assumptions, to reach sound judgements and to communicate them effectively to both specialist and non-specialist audiences (Doing).	
BHONSN05 Developed analytical techniques and problem-solving skills that can be applied in many types of employment in situations requiring the exercise of personal responsibility, and decision-making in complex and unpredictable circumstances (Being).	
BHONSN06 Assess, propose and reflect on your qualities and transferable skills necessary for employment in Sport and Exercise Science (Being).	
BHONS01 Demonstrate critical understanding of key aspects of Sport Science disciplines, including acquisition of coherent and detailed knowledge, at the forefront of your discipline (Knowing).	
BHONS02 Apply Sport and Exercise Science methods and techniques that you have learnt to review, consolidate, extend and apply your knowledge and understanding, and to initiate and carry out independent studies or projects to a conclusion (Doing).	
BHONS03 Devise and sustain arguments, and/or solve problems, using ideas and technical skills which are contemporary to a discipline in Sport and Exercise Science (Doing).	
BHONS04 Evaluate evidence, arguments and assumptions, to reach sound judgements and to communicate them effectively to both specialist and non-specialist audiences (Doing).	

Learning Outcomes	Modules
BHONS05 Developed analytical techniques and problem-solving skills that can be applied in many types of employment in situations requiring the exercise of personal responsibility, and decision-making in complex and unpredictable circumstances (Being).	
BHONS06 Assess, propose and reflect on your qualities and transferable skills necessary for employment in Sport and Exercise Science (Being).	

Teaching, Learning & Assessment Strategy/(Learning and Teaching):

Studying on the BSc (Hons) Sport and Exercise Science degree prepares you to become a confident and skilled Sport and Exercise Scientist, following the standards of the Chartered Association of Sport and Exercise Sciences (CASES).

What you'll study at each level

- Level 4 (Year 1):
  You'll build your core scientific and practical skills. This includes learning to use sport and exercise testing equipment and developing the confidence to work as both a scientist and practitioner.
- Level 5 (Year 2):
  You'll take your first-year knowledge further by applying it to real problems that Sport and Exercise Scientists face in industry and employment.
- Level 6 (Year 3):
  You'll work with others to solve more complex, real-world questions in sport and exercise settings, preparing you for graduate-level roles.

How you'll learn

You'll experience a blend of theory and hands-on practice. Throughout much of your degree, you'll have a student mentor who supports your learning and helps ensure it works for you as an individual. Online learning will help reinforce your understanding of technical procedures and protocols. Most modules will include workplace-focused trips to sport and exercise organisations so you can see what skills employers value and how your learning connects to future careers.

Support available to you

You'll be supported by several key people and services:

- Personal Tutor: Meets with you several times each year to guide your academic progress.
- Peer Mentor (Years 1–2): A student from the course who has been in your shoes and can offer friendly advice about university life and career planning.

Developing your digital and practical skills

You'll become digitally confident by using sport science equipment and the specialist software needed to collect and analyse data. Assessment formats vary and allow you to show your skills in different ways. Alongside traditional essays and presentations, you may create:

- educational podcasts
- video "fireside chats"
- presentations to external organisations (especially in Years 2 and 3)
- digital reflective diaries.

Assessment Methods/Assessments:

1. Balanced Assessment Design and Manageable Workload

Sport & Exercise Sciences programme uses a diverse range of assessment types to reflect the breadth of the discipline—spanning physiology, biomechanics, psychology, and research methods. This balanced mix helps students develop a wide skill set and avoids over-reliance on one single type of task.

Typical assessments include: Lab reports (e.g., physiology, biomechanics), Essays and evidence-based coursework, Practical assessments (e.g., practical competencies, lab skills), Group projects and presentations, Exams or time-constrained tests and Research proposals and final year project.

Workload is usually sequenced so that;

- Assessments are spread across the assessment period to avoiding clustering.
- Modules include different types of assessments to reduce repetition and fatigue.
- Early modules introduce core skills while later modules build independence and complexity.

This structure supports progressive development and keeps workload manageable.

2. Opportunities for Practice and Feedback (Formative Assessment)

The SES programme builds in multiple opportunities for students to practise skills before completing final assessments. These may include;

Formative tasks

- Draft sections of a lab report
- Practice data analysis
- Short critical summaries of research articles
- Sample exam questions or MCQs.

Feedback mechanisms

- Verbal feedback in labs, practicals, and seminars
- Written feedback on formative drafts via email or live tutorials
- Peer feedback during practicals and group activities
- Automated quizzes to test understanding.

This ensures students receive clear guidance early and can improve before summative assessments. Assessment design also follows inclusive principles, providing clarity, transparency, and appropriate choice in how learning outcomes are demonstrated.

Further Information for Student:

Your journey as a Sport and Exercise Science student is supported every step of the way through carefully designed modules, dedicated staff, and a range of resources to help you thrive.

- Starting Strong
  We know that transitioning into university can feel challenging, so your first year begins with an introductory module that builds the academic and study skills you'll need for success throughout your degree. You'll also be assigned a personal tutor (who is an academic) who will support you throughout your undergraduate studies as well as a student success coach for first year studies.
- Inclusive and Flexible Learning
  Our curriculum is designed with inclusion in mind. You will have options for how you present your work—whether through written assignments, presentations, practical tasks, podcasts, or digital media—so you can choose the format that suits you best. Formative feedback is built into each assessment, and you'll receive ongoing course feedback to help you improve and succeed.
- Your Voice Matters
  Student representatives work closely with course leaders and module tutors to make sure your feedback shapes the course. This means we keep doing what works well and make changes where they are needed.
- Preparing for Your Future
  Your degree opens doors to exciting postgraduate opportunities, including Master's programmes and onward doctoral study in Sport and Exercise Sciences, with progression via appropriate

professional routes such as CASES accreditation and, where applicable, training toward HCPC-registered practitioner status. Throughout the course you will develop numerate and analytical skills, effective problem-solving, and strong interpersonal and communication abilities, alongside transferable knowledge, skills and attributes related to a range of potential careers. Graduate destinations include Physical Education teaching, performance analysis, coaching, exercise referral, health and wellbeing roles, strength and conditioning, personal training, public health and physical activity development, sport science support roles, clinical exercise pathways (with appropriate further training), and sports development. We also place a strong emphasis on real-world experience: A placement module will give you practical knowledge and skills to succeed in the workplace after graduation.

The University provides a wide range of academic and pastoral support to help students succeed in their studies and personal development. This includes access to the Library and Skills for Learning service, student success coaching for students in early stages, and tailored advice from the Careers and Enterprise teams. Students also benefit from 24/7 wellbeing support through WLV Student Life Connect, pastoral care via the Multi-faith Chaplaincy, and assistance from the Mental Health and Wellbeing team. Those living in university accommodation have additional access to Residential Life support, and all students can engage with the Students' Union for advocacy, societies, and further peer-led services.

Currency:

The BSc (Hons) Sport and Exercise Science degree at the University of Wolverhampton is continually updated through a combination of strategic consultation, research-informed teaching, and ongoing evaluation to ensure relevance in an evolving professional landscape.

At a macro level, the course is shaped through regular engagement with key stakeholders and end-users of sport and exercise science graduates.

This includes sport and exercise scientists, physiotherapists, strength and conditioning specialists, performance analysts, physical educators, professional sports organisations, and clinical exercise professionals. Their feedback helps align the curriculum with current industry expectations, emerging technologies, and contemporary issues.

Input from certifying and accrediting bodies—such as the Chartered Association of Sport and Exercise Sciences (CASES), the UK Strength and Conditioning Association (UKSCA), and postgraduate pathways in physiotherapy, PGCE programmes, clinical exercise physiology, biomechanics, and sport psychology—ensures g

At a micro level, the course evolves through continuous quality enhancement.

Mid-module evaluations allow for timely refinements, ensuring content, delivery methods, and assessments respond to student experience and sector changes. Individual tutorials provide opportunities for personalised learning support and allow students to provide feedback on what best supports their development. Additionally, insights from alumni working across diverse professional fields inform updates that reflect real-world workplace demands.
Students are immersed in a research-active environment, engaging with current scholarship and staff-led research through inquiry-based learning, lab work, and independent projects. This develops critical thinking, evidence-based reasoning, and confidence in applying scientific approaches to practical problems.

Real-world challenges—including issues of sustainability, enterprise, inclusivity, and social responsibility—are embedded in teaching, case studies, and applied assessments. Students learn to approach complex problems creatively and ethically, preparing them to contribute meaningfully to contemporary debates in sport, health, and performance.

The University of Wolverhampton's Graduate Attributes—Global Citizen, Knowledgeable, Professional, Digitally Fluent—are woven throughout the curriculum via collaborative projects, professional

placements, digital lab technologies, and reflective practice, supporting students to become future-ready and adaptable.

Finally, interdisciplinary collaboration and an emphasis on lifelong learning encourage students to connect knowledge across physiology, psychology, biomechanics, and performance science, equipping them to respond to future developments in their field.

Personalisation Opportunities:

The BSc (Hons) Sport and Exercise Science degree is designed to give you flexibility and choice, so that your learning reflects your ambitions, interests, and lived experiences;

- Exploring your interests through topics and assessments
  Many modules include assessments where you can choose the focus. For example, you might select a sport, population group, or performance context that matters to you when completing case studies, research projects, or presentations. This means you can apply theory to areas you are passionate about—whether that's elite performance, community health, or personal training.
- Choice in how you engage with learning
  You'll often have options in the format of your work, such as written reports, presentations, or practical demonstrations. Modules also provide a range of resources— videos, readings, and interactive tools—so you can learn in ways that suit your style. Group work and independent projects allow you to decide how you collaborate and contribute.
- Career pathways
  As you progress, you'll have the option of tailoring your assessments towards the specialisms that align with your future goals. An academic success coach, personal tutor and peer mentor will help you make informed decisions, linking your choices to potential careers in coaching, health promotion, research, or applied sport science.
- Inclusive and relevant learning
  The course values diverse perspectives and encourages you to bring your own experiences into discussions and projects. A common theme that will be addressed will be, "How do I with my specific individual learning needs best solve problems and develop knowledge?" This makes learning more meaningful and prepares you to work with varied communities and clients.
- Reflecting on your journey
  Starting for your very first module - you'll be supported to reflect on your progress through learning academic skills and base sport science knowledge specific to sport and exercise science. Through personal tutorials and feedback sessions you will identify strengths, set goals, and shape your personal development throughout the degree.

Employability in the Curriculum/Employability and Professional Development:

Throughout the BSc (Hons) Sport and Exercise Science degree, you are supported to explore different career pathways, build confidence as a developing professional, and gain the skills and experiences needed for life after university.

The course is designed to help you understand the wide range of careers linked to sport and exercise. While many students aim to become sport scientists, the degree can also prepare you for roles in physiotherapy, clinical exercise, physical education, sport coaching, performance analysis, strength and conditioning, and personal training.

Career-focused skills are built directly into module activities, so you can see how your learning connects to real professional practice. You will also take part in a placement, working with on-campus and/or external placement providers. These opportunities allow you to apply your knowledge in real settings with both sporting and general populations, helping you gain hands-on experience and insight into different career options.

Throughout the course, you begin developing your professional identity. A key feature of the degree is the use of digital badges. You earn these by completing additional competencies that demonstrate your developing expertise. Once achieved, you create a short video showcasing your skills—something you can share with future employers as part of your growing portfolio.

Chartered Association of Sport and Exercise Sciences (CASES) undergraduate scheme, which means the curriculum is aligned with industry expectations and supports your progression towards CASES graduate certifications.

You will also receive regular opportunities to reflect on your strengths and identify areas for development. Through feedback from staff, placement supervisors, and peers, you can continually improve your professional practice. Employability skills—such as CV writing, interview preparation, and networking—are also supported by your Student Success Coach and the university's Career Development Consultants.

As you progress through the degree, staff guide you in choosing experiences that match your ambitions. Whether you are interested in performance sport, health, rehabilitation, or education, you will be supported to build a pathway that aligns with your long-term goals.

