

## Foundation Year Courses

Course Aim and Title	BSc (Hons) *** (with foundation year)  This is the foundation pathway leading to the following degrees:  BSc (Hons) Sport & Exercise Sciences (C4A6) BSc (Hons) Sports Coaching and Performance (C432) BSc (Hons) Sports Therapy (C631) BSc (Hons) Sport, PE and Development (B468)
Intermediate Awards Available	BSc without honours Dip HE Cert HE
Teaching Institution(s)	UEL
Alternative Teaching Institutions (for local arrangements see final section of this specification)	N/A
UEL Academic School	Health, Sport and Bioscience
UCAS Code	C101
Professional Body Accreditation	N/A
Relevant QAA Benchmark Statements	N/A at level 3
Additional Versions of this Course	None
Date Specification Last Updated	February 2022

### Course Aims and Learning Outcomes

This course is designed to give you the opportunity to:

- Develop study skills that will underpin subsequent study at undergraduate level.
- Acquire a basic understanding of the theory & practice of your chosen degree subject.
- Develop an awareness of the concepts, techniques and applications of your chosen degree subject.
- Develop the practical and transferable skills necessary for success when entering the chosen degree course.
- To develop responsibility for independent learning

## ***What will you learn?***

### **Knowledge**

- A broad knowledge of study skills, maths and I.C.T plus subjects appropriate to undergraduate study in your chosen degree
- An awareness of current issues across a broad range of subjects relevant to the Degree with Foundation Year courses
- An awareness of the driving forces behind current research in the field
- An awareness of the wider implications of research on society as a whole.

### **Thinking skills**

- The ability to comprehend and analyse published information
- The ability to use integrated approaches to problem solving.

### **Subject-Based Practical skills**

- The ability to use numbers to analyse data from your own and other people's experiments and to interpret them
- The ability to select and apply a range of practical skills relevant to your chosen degree
- The ability to effectively communicate your work to others by a variety of means
- The ability to select and utilise appropriate computer software.

### **Skills for life and work (general skills)**

- The development of your own style of independent learning supported by Personal Development Planning
- The ability to communicate ideas to others and to debate relevant technological, scientific and /or ethical issues
- IT skills
- Communication skills including the ability to carry out an oral presentation
- Team work
- Time organisation.

## ***Learning and Teaching***

Knowledge is developed through:

- Lectures (face to face and online)
- Tutorials
- Workshops
- Practicals
- Reading
- Internet, Moodle, and Computer Based Learning

Thinking skills are developed through:

- Computer aided learning
- Presentations
- Preparing for tutorials and seminars/workshops
- Completing coursework assignments (including in class tests, presentations etc.)

- Independent reading

Practical skills are developed through:

- Laboratory practicals
- Use of IT

Skills for life and work (general skills) are developed through:

- A Personal Development Plan
- Managing/organising time
- Presenting ideas and arguments in a structured manner - written and oral communication
- Problem solving
- Team work

### *Assessment*

A wide variety of assessment methods can be used including:

- Portfolios
- Written examinations
- Practical reports
- Essays
- Oral and poster presentations
- Library exercises

Knowledge and Thinking Skills are assessed by:

- Evidence of reading and comprehension of the topics covered in the module being assessed. This will be particularly apparent in essay work and examinations
- Ability to describe, explain and discuss various aspects of the course material in the context of class tutorials, group work, presentations and other pieces of assessed coursework for the module

Practical skills are assessed by:

- The ability to carry out laboratory practical work effectively, within the timeframe allocated
- The ability to interpret and report on work carried out in the laboratory
- The ability to complete assignments using appropriate resources
- Evidence of logical planning and management of time in the preparation of materials for assessment

Skills for life and work (general skills) are assessed by:

- The ability to work to strict deadlines
- The ability to select and utilise appropriate problem solving skills
- Demonstration of effective oral and written communication skills
- Evidence of interpersonal skills such as teamwork and /or team leadership
- Evidence of general numeracy skills

### *Work or Study Placements*

There is an optional non-credit bearing work placement module during the Foundation Year where students source their own placement. Students are responsible for sourcing their own placement. It is expected that students will complete this 80-hour placement during summer vacations although it may be possible for evening work/out of University time to be worked. The placement should be relevant to the course of study. After successful completion of levels 3-5, students may opt to take work-based learning modules (credit bearing) at level 6 (dependent on chosen pathway).

### *Course Structure*

All courses are credit-rated to help you to understand the amount and level of study that is needed.

One credit is equal to 10 hours of directed study time (this includes everything you do e.g. lecture, seminar and private study).

Credits are assigned to one of 5 levels:

- 3 Equivalent in standard to GCE 'A' level and is intended to prepare students for year one of an undergraduate degree course.
- 4 Equivalent in standard to the first year of a full-time undergraduate degree course.
- 5 Equivalent in standard to the second year of a full-time undergraduate degree course.
- 6 Equivalent in standard to the third year of a full-time undergraduate degree course.
- 7 Equivalent in standard to a Masters degree.

Courses are made up of modules that are each credit weighted.

The module structure of this course:

<b>Level</b>	<b>Module Code</b>	<b>Module Title</b>	<b>Credit Weighting</b>	<b>Core/Option</b>	<b>Available via Distance Learning? Y/N</b>
3	SE3010	Introduction to Anatomy & Physiology	20	C	N
3	SE3012	Sports Development & Coaching	20	C	N
3	SE3014	Physical Health & Wellbeing in Sport	20	C	N

3	SE3013	Psychological Influences on Health & Wellbeing in Sport & Physical Activity	20	C	N
3	SE3011	Academic & Communication Skills in Sports	20	C	N
3	SE3105	Career and Professional Development in Sports (Mental Wealth)	20	C	N
3	SE3008	Work Placement	0	O	N

*Please note: Students will complete the 120 credits at level 3 before progressing on to the level 4 modules of their chosen BSc (Hons) course. **Students progressing on to the BSc (Hons) Sports Therapy course are required to achieve a minimum mark of 60% in each module.***

*Students that fail to meet the criteria for the BSc (Hons) Sports Therapy but pass the required 120 credits with an overall mark of 40% or above, will be advised to change to one of the other courses named above*

The teaching year begins in September and ends in June.

A typical student, in full-time attendance mode of study, will register for 120 credits in an academic year. Typically, this will be comprised of six 20-credit modules. A student in a part-time mode of study may register for up to 90 credits in any academic year. The exact number may differ if the course is comprised of 20, 40 or 60 credits modules. After completing the Foundation Year, an honours degree student will complete modules totalling 120 credits at level 4, 120 credits at level 5, and 120 credits at level 6.

A core module for a course is a module which a student must have passed (i.e. been awarded credit) in order to achieve the relevant named award. An optional module for a course is a module selected from a range of modules available on the course.

### **Requirements for gaining an award**

In order to gain an honours degree you will need to obtain 480 credits including:

- A minimum of 120 credits at level 3 or higher
- A minimum of 120 credits at level 4 or higher
- A minimum of 120 credits at level 5 or higher
- A minimum of 120 credits at level 6 or higher

In order to gain an ordinary degree you will need to obtain a minimum of 420 credits including:

- A minimum of 120 credits at level 3 or higher
- A minimum of 120 credits at level 4 or higher
- A minimum of 120 credits at level 5 or higher
- A minimum of 60 credits at level 6 or higher

In order to gain a Diploma of Higher Education you will need to obtain at least 360 credits including a minimum of 120 credits at level 3 or higher, 120 credits at level 4 or higher, and 120 credits at level 5 or higher

In order to gain a Certificate of Higher Education you will need to obtain 120 credits at level 3 or higher plus 120 credits at level 4 or higher.

In order to gain a University Certificate, you will need to obtain a minimum of 60 credits at level 3 or above.

The overall credit rating of this course is 480 credits. If for some reason you are unable to achieve the credit you may be entitled to an intermediate award, the level of the award will depend on the amount of credit you have accumulated. You can read the University Student Policies and Regulations on the UEL website.

### **Course Specific Regulations**

Students are required to achieve all 120 credits at level 3 before they are able to progress to level 4. This may require students to study in a part time mode to complete reassessments.

### **Typical Duration**

It is possible to move from full-time to part-time study and vice-versa to accommodate any external factors such as financial constraints or domestic commitments. Many of our students make use of this flexibility and this may affect the overall duration of their study period.

The expected duration of this course is 4 years full-time or 7 years part-time.

A student cannot normally continue study on a course after 5 years of study in full time mode unless exceptional circumstances apply and extenuation has been granted. The limit for completion of a course in part time mode is 7 years from first enrolment (or 8 for foundation year).

### **Further Information**

More information about this course is available from:

- The UEL web site ([www.uel.ac.uk](http://www.uel.ac.uk))
- The course handbook
- Module study guides
- UEL Manual of General Regulations (available on the UEL website)
- UEL Quality Manual (available on the UEL website)
- School web pages

All UEL courses are subject to thorough course approval procedures before we allow them to commence. We also constantly monitor, review and enhance our courses by listening to student and employer views and the views of external examiners and advisors.

**Additional costs:**

Students who opt to take the optional work placement module will need to meet their own costs of travel, food and uniforms etc.

Alternative Locations of Delivery

N/A