

PROGRAMME SPECIFICATION

1. Key Information

Programme Title:	MSc Sports Performance
Awarding Institution:	Buckinghamshire New University
Teaching Institution(s):	Buckinghamshire New University
Subject Cluster:	Sport & Exercise Science
Award Title (including separate Pathway Award Titles where offered):	MSc Sports Performance
Pathways (if applicable)	
FHEQ level of final award:	7
Other award titles available (exit qualifications):	Postgraduate Certificate Sports Performance Postgraduate Diploma Sports Performance
Accreditation details:	
Length of programme:	1 year Full Time 2 years Part Time
Mode(s) of Study:	Full Time Part Time
Mode of Delivery:	In person (on-site) delivery
Language of study:	English
QAA Subject Benchmark(s):	
Other external reference points (e.g. Apprenticeship Standard):	
Course Code(s):	MSSPPEFT/ MSSPPEPT
UCAS Code(s):	
Approval date:	01/12/2022
Date of last update:	01/07/2023

2. Programme Summary

This programme is designed to prepare you for a career in performance-orientated sport. Building on the theoretical foundations of a sports science undergraduate degree, you will gain knowledge of the landscape and workings of competitive sport and be given the opportunity to apply and develop your knowledge in practical settings. While the programme is predominately delivered by attendance, some modules will be offered in a flexible mode to facilitate online learning where possible. Current practice and the future direction of applied sports science will be learnt, with an emphasis on the critical evaluation of results and data. You will be encouraged to develop independent thought and creativity to solve performance

problems while maintaining strong scientific principles. You will then develop the skills necessary to work with and communicate effectively with athletes/coaches/support staff or independent clients for maximum impact. The content of this course can be used as evidence towards the BASES Supervised Experience process that you will be encouraged to apply for and supported through.

3. Programme Aims and Learning Outcomes

Programme Aims

This programme aims to:

1. Prepare graduates for a career in performance-orientated sport
2. Enhance learners' understanding of contemporary practice and future direction of applied sport support across disciplines
3. Develop critical analysis and problem-solving skills required for work in performance-orientated sport
4. Develop a range of interpersonal skills to prepare learners for employment in performance-orientated sport
5. Provide learners with opportunities to gain practical experience in a range of applied sports settings

Programme Learning Outcomes

Knowledge and Understanding (K)

On successful completion of the programme you will be able to:

ID	Learning Outcome
K1	Demonstrate theoretical research-based knowledge across sport sub-disciplines in a practical environment.
K2	Derive, by planning and modifying, solutions to a variety of problems encountered in sports performance.
K3	Infer techniques and methodologies that are applicable to research-based projects.
K4	Select techniques and methodologies that are applicable to practical service delivery.
K5	Synthesise understanding by contributing to the creation of new knowledge within a research project.

Analysis and Criticality (C)

On successful completion of the programme you will be able to:

ID	Learning Outcome
C1	Analyse existing methodologies used within performance support.
C2	Scrutinise and make use of suitable contemporary techniques/methodologies in performance support.
C3	Investigate solving principles and supporting theory to solve 'real' performance related dilemmas and challenges.

C4	Explore and propose appropriate research questions within the realms of sports performance.
C5	Appraise Sports Performance from an applied and inter-disciplinary perspective.

Application and Practice (P)

On successful completion of the programme you will be able to:

ID	Learning Outcome
P1	Adapt solutions to a variety of problems encountered in sports performance.
P2	Implement and understand discipline specific equipment.
P3	Respond effectively as part of a multi-disciplinary team and assume responsibilities in an applied sport setting.
P4	Develop the non-technical skills necessary for a career in performance-orientated sport.
P5	Determine and question the organisation, structure, and governance of different sporting bodies.

Transferable skills and other attributes (T)

On successful completion of the programme you will be able to:

ID	Learning Outcome
T1	Develop a self-reflective component to personal learning and evaluation.
T2	Execute a novel research project and organise, meet deadlines, work with others.
T3	Demonstrate creative, adaptable, and influential presentation skills in a range of modalities.
T4	Demonstrate awareness of the ethical issues in sports performance.
T5	Illustrate competence in the use of IT and specialist software.

Graduate Attributes

The BNU Graduate Attributes of: Knowledge and its application; Creativity; Social and ethical awareness and responsibility; and Leadership and self-development focus on the development of innovative leaders in professional and creative capacities, who are equipped to operate in the 21st Century labour market and make a positive impact as global citizens.

On this programme, attributes are developed through the acquisition of critical knowledge and practical experience required for employment in a competitive sport environment (K1-5, C1-5, P1-2), Through 'hands-on' experience in the laboratory and field, learners will develop technical skills used by a range of practitioners (P2, P3) Well established interpersonal skills are crucial to support the dissemination of theoretical knowledge and maximise influence. This course provides opportunities for learners to refine these skills (P3-4, T1-5) and develop the attributes required to work within a high performance multi-disciplinary team (P3). Finally, learners will understand and challenge the landscape of competitive sport (P5) and tackle contemporary issues that affect its evolution (K2, C3-4, P1, T4).

4. Entry Requirements

The University's [general entry requirements](#) will apply to admission to this programme with the following additions / exceptions:

Potential learners will hold either an undergraduate honours degree in sport and exercise science (or equivalent), including discipline specific awards (e.g. physiology, strength and conditioning etc). Exceptions may be made for athletes, coaches and support staff who have extensive experience of working within a competitive sport environment

If you do not meet the entry requirements you may, if you have relevant professional experience, still be invited for interview, where you will be required to demonstrate the necessary knowledge and understanding for entry onto the course.

Previous study, professional and / or vocational experiences may be recognised as the equivalent learning experience and permit exemption from studying certain modules in accordance with our [accreditation of prior learning](#) (APL) process.

5. Programme Structure

Level	Modules (Code, Title and Credits)	Exit Awards
Level 7	<p>Core modules: SES7001 Research Methods and Dissertation Research Project (60) SES7003 Applied Sports Science Support (20) SES7004 Working in a multi-disciplinary team (20) SES7006 Contemporary issues in performance sport (20) SES7007 Performance Sport Placement (20) SES7011 Performance lifestyle and athlete wellbeing (20)</p> <p>Option modules (to the value of 20 credits): SES7013 Applied Performance Psychology (20) SES7015 Advanced Performance Nutrition (20)</p>	<p>Postgraduate Certificate, awarded on achievement of 60 credits</p> <p>Postgraduate Diploma, awarded on achievement of 120 credits</p>

Please note: Not all option modules will necessarily be offered in any one year. Other option modules may also be introduced at a later stage enabling the programme to respond to changes in the subject area.

6. Learning, Teaching and Assessment

Learning and teaching

The teaching and learning strategies employed within this programme will reflect the nature of the learning experience at level 7 and the skills required for employment in the field of sport and exercise. There is a real focus on applied practice and being able to transfer theoretical knowledge to the field while developing the interpersonal qualities required for such a challenging environment. Students will be encouraged to develop their independent learning skills and abilities to stay abreast of the latest developments in both the wider field and their chosen discipline.

This course is built around 4 main pillars:

1. Theoretical understanding and its application

Successful applicants will have a related degree in a discipline of sport science or extensive coaching experience. In **Applied Sport Science**, they will be encouraged to further their understanding of sports performance by exploring the determinants of performance in several sports. These can be physiological, technical or psychological, so students will be expected to develop an appreciation of factors outside of their expertise.

2. Interpersonal skills

Working within a competitive sporting environment requires a set of skills that are not traditionally included in undergraduate degrees. In **Working within a Multi-disciplinary Team**, students will benefit from the extensive experience that the teaching team have of working with coaches, athletes and support staff. They will develop an understanding of the key principles of effective communication, managing conflict, having difficult conversations, and influencing – amongst others. Through authentic assessment, students will be given opportunities to practice real-life scenarios and hone their skills with appropriate feedback in a safe environment.

3. Practical experience

Employers in sport are primarily concerned with candidates experience of working with athletes. Gaining appropriate experience is therefore vital to any programme at this level.

The **Performance Sport Placement** module will require students to undertake extensive hours of supervised experience in a combination of applicable workplaces. Primarily, this will involve managing the commercial arm of the Human Performance Laboratory and include maintaining equipment, finances, customer correspondence, marketing, testing delivery and feedback. This module will involve practical seminars and workshops to upskill students on technical competencies, supervised time, field work and work-based learning. It is anticipated that this module will contribute to the BASES Supervised Experience programme.

Other opportunities for experience will include access to the network of sports partners and associations who have working relationships with the University and its staff e.g., TASS programmes, Wycombe Wanderers FC, Reading Ladies academy FC, National Governing Bodies etc.

4. An understanding of the sporting world

As an applied practitioner and understanding of the 'hot topics' in sport science, from doping scandals to performance enhancing footwear, to transgender participation, are crucial for credibility and building relationships. **Contemporary issues in Sports Performance** will give students an introduction to these issues and more.

Students will learn about the history, structure, organisation and governance in order to better prepare them for working within the field. Learners will develop their ability to critically appraise controversial topics that involve sports performance, form their own opinions and debate alternative views. They will be encouraged to read around the areas covered and keep abreast of changes and new topics.

Through a **research project**, students will have the opportunity to focus on an area of interest where they will be challenged to plan, design, execute and disseminate a significant piece of work that contributes to understanding in a chosen field.

From a choice of optional modules, students will have the opportunity to further study a sub-discipline of sports performance in more detail, including **Applied Performance Psychology** or **Advanced Performance Nutrition**. These modules are delivered on other courses within the school and are delivered online in term 3.

Throughout the course, learners will develop critical thinking skills, leadership abilities, and a detailed scientific reasoning process. The course will draw on the theoretical and industry experience of staff and to utilise a range of methods that cater for the both the full-time and part-time learners depending on the module. Students will have access to the psychology and human performance laboratories, library services, and the networks they have developed to help them in this endeavour.

Assessment

As per the teaching and learning strategy, the specific assessment methods are determined at modular level, but are designed to reflect the course aims and learning outcomes, to equip students with industry knowledge and experience, academic and cognitive, and critical and transferrable skills, which will create culturally aware, prepared, and responsive graduates for an inclusive and socially conscious sport industry.

The assessments used in this programme are novel, varied, and reflective of the competitive sporting world. For example, students are challenged to design and implement a sports science support package for an athlete, conduct a challenging conversation with a disgruntled coach during a role play, and plan an MDT to support a team travelling to a major championship.

Contact Hours

Learners can expect to receive approximately 10 hours of scheduled learning activities per week. This may include lectures, seminars, workshops, practicals, or placement hours. A full breakdown of contact hours can be found in individual module descriptors.

7. Programme Regulations

This programme will be subject to the following assessment regulations:

- Regulations for taught degree programmes (2023)

8. Support for learners

The following systems are in place to support you to be successful with your studies:

- The appointment of a personal tutor to support you through your programme
- A programme handbook and induction at the beginning of your studies
- Library resources, include access to books, journals and databases - many of which are available in electronic format – and support from trained library staff
- Access to Blackboard, our Virtual Learning Environment (VLE), which is accessible via PC, laptop, tablet or mobile device
- Access to the MyBNU portal where you can access all University systems, information and news, record your attendance at sessions, and access your personalised timetable
- Academic Registry staff providing general guidance on University regulations, exams, and other aspects of students and course administration
- Central student services, including teams supporting academic skills development, career success, student finance, accommodation, chaplaincy, disability and counselling
- Support from the Bucks Students' Union, including the Students' Union Advice Centre which offers free and confidential advice on University processes.

9. Programme monitoring and review

BNU has a number of ways for monitoring and reviewing the quality of learning and teaching on your programme. You will be able to comment on the content of their programme via the following feedback mechanisms:

- Formal feedback questionnaires and anonymous module 'check-ins'
- Participation in external surveys
- Programme Committees, via appointed student representatives
- Informal feedback to your programme leader

Quality and standards on each programme are assured via the following mechanisms:

- An initial event to approve the programme for delivery
- An annual report submitted by the External Examiner following a process of external moderation of work submitted for assessment
- The Annual Monitoring process, which is overseen by the University's Education Committee
- Review by the relevant PSRB(s)
- Periodic Subject Review events held every five years
- Other sector compliance and review mechanisms

10. Internal and external reference points

Design and development of this programme has been informed by the following internal and external reference points:

- The Framework for Higher Education Qualifications (FHEQ)
- The QAA Subject Benchmark Statement – see detailed mapping below
- The QAA Master's Degree Characteristics Statement
- The BNU Qualifications and Credit Framework
- The BNU Grading Descriptors
- The University Strategy

Mapping of Programme Learning Outcomes to Modules

Programme Learning Outcome	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)					
	Module Code (Core)	K1	K2	K3	K4	K5	C1	C2	C3	C4	C5	P1	P2	P3	P4	P5	T1	T2	T3	T4	T5
Level 7																					
SES7001 Research Methods & Dissertation Project	X		X		X	X	X		X								X	X			X
SES7003 Applied Sports Science Support	X	X	X	X		X	X	X	X		X	X							X		X
SES7004 Working in a multi-disciplinary team		X		X				X			X	X	X	X				X			
SES7006 Contemporary issues in sports performance								X	X						X		X			X	
SES7007 Performance Sport Placement	X			X		X	X	X		X	X			X			X		X		
SES7011 Performance lifestyle and athlete wellbeing	X	X		X							X			X	X		X			X	