



## Course Information Form

This Course Information Form provides the definitive record of the designated course

### Section A: General Course Information

<b>Course Title</b>	BSc Applied Personal Training and Specialist Exercise Instruction
<b>Final Award</b>	BSc
<b>Route Code</b>	BSSTTABF BSSTTABP
<b>Intermediate Qualification(s)</b>	
<b>FHEQ Level</b>	6
<b>Location of Delivery</b>	Bedford Campus
<b>Mode(s) and length of study</b>	1 year full time 2 years part time
<b>Standard intake points (months)</b>	October

<b>External Reference Points as applicable including Subject Benchmark</b>	<p>this degree has been mapped to the subject benchmark statements for events, leisure, sport and tourism (QAA, 2019) <a href="https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/subject-benchmark-statement-events-leisure-sport-tourism.pdf?sfvrsn=c339c881_11">https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/subject-benchmark-statement-events-leisure-sport-tourism.pdf?sfvrsn=c339c881_11</a></p> <p>and the FHEQ (level 6) (QAA 2014)</p> <p>The unit Exercise for Clinical Populations (L6) maps to the Level 3 Exercise Referral and Exercise for Obesity &amp; Diabetes maps to NOS at level 4. These units have been accredited by the sector skills council for the fitness industry (SkillsActive). Quality assurance for these units is dealt with by SkillsActive's own QA assessor. The relevant documentation can be downloaded at: <a href="http://www.skillsactive.com">http://www.skillsactive.com</a></p>
<b>Professional, Statutory or Regulatory Body (PSRB) accreditation or endorsement</b>	<p>SKillsActive</p>
<b>HECoS code(s)</b>	<p>101319 100433</p>
<b>UCAS Course Code</b>	<p>C603</p>

<b>Course Aims</b>	<p>Allow students to develop an advanced knowledge of the fitness industry and specifically to prepare you to:</p> <p>Understand and apply the body of knowledge fundamental to the analyses of human performance in sport and health.</p> <p>Solve problems by the application of appropriate tools and techniques</p> <p>Research, critically evaluate, summarise and communicate information.</p> <p>Work effectively in teams or individually using appropriate professional standards of conduct and behaviour.</p> <p>Become a self-regulated learner, using an awareness of opportunities for careers or further study in the setting and monitoring of personal objectives.</p> <p>Work in an industry setting on a project relevant to fitness and personal training.</p>
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<b>Course Learning Outcomes</b>	Upon successful completion of your course you should meet the appropriate learning outcomes for your award shown in the table below		
		<b>Outcome</b>	<b>Award</b>
	1	Locate, evaluate, synthesis and apply knowledge from psychology and physiology to understand participation in exercise alongside the importance of personalised training interventions for health in the general and clinical population.	BSc (Hons) Applied Personal Training and Specialist Exercise Instruction
	2	Analyse and evaluate appropriate and established research techniques within Personal Training and Specialist Exercise Instruction.	BSc (Hons) Applied Personal Training and Specialist Exercise Instruction
	3	Display an in depth understanding of how differing diseases affect acute and chronic responses to exercise.	BSc (Hons) Applied Personal Training and Specialist Exercise Instruction
4	Identify and respond appropriately to the ethical, health and safety, and professional requirements associated with conducting research projects in a working environment. In particular, knowledge and adherence to the SkillsActive ethical guidelines for working in the fitness industry.	BSc (Hons) Applied Personal Training and Specialist Exercise Instruction	

<p><b>Teaching, learning and assessment strategies</b></p>	<p>The strategies adopted for learning and teaching in Applied Personal Training and Specialist Exercise Instruction reflect the diverse nature of the subject area. The course employs practical activities in the fitness suite, lab, and field, lead lectures, seminar, discussions, workshops on-line activities and individual and small group tutorials. Practical, discussions and seminar sessions will enable you to apply theories taught during lectures and gain a deeper understanding of their use and contexts. Laboratory work and computer-based learning activities will provide opportunities to practice and develop research skills and techniques in preparation for conducting your own research and facilitate your understanding of research-based literature. The staff on each unit use research informed teaching to aid in student development and provide clear links between the content taught and the current research literature in the area of Personal Training and Specialist Exercise Instruction.</p> <p>You will engage in problem-solving exercises and analytical discussions with your peers as well as professional practitioners in the fitness industry. You will learn to locate, evaluate and synthesis information from a variety of sources and be given opportunities to learn, practice and develop professional skills used by fitness/healthcare professionals within your work placement project.</p> <p>Assessment is both formative and summative in nature and occurs at various points throughout the academic year. Formative assessments are used to give students feedback early on in the year so they see how they are doing and if necessary seek support from staff or other services available. It also allows staff to see the level of student learning and support as necessary. A wide variety of assessment strategies are employed, appropriate to the specific learning outcomes which are being assessed. Modes of assessment include essay, work placement project, oral presentation, portfolio and literature review.</p>
<p><b>Learning support</b></p>	<p>The University's comprehensive student support service includes: Student Information Desk, a one-stop shop for any initial enquiries; Student Support team advising and supporting those with physical or learning needs or more general student well being; Study Hub team providing academic skills guidance; Personal Academic Tutoring system; a student managed Peer-Assisted Learning scheme; support from your lecturers</p>
<p><b>Admissions Criteria</b></p>	<p><a href="https://www.beds.ac.uk/entryrequirements">https://www.beds.ac.uk/entryrequirements</a></p> <p><b>Approved Variations and Additions to Standard Admission</b></p> <p>N/A</p>
	<p><a href="https://www.beds.ac.uk/about-us/our-university/academic-information">https://www.beds.ac.uk/about-us/our-university/academic-information</a></p>

**Assessment  
Regulations**

**Note: Be aware that our regulations change every year**

**Approved Variations and Additions to Standard Assessment Regulations'**

N/A

## Section B: Course Structure

The Units which make up the course are listed below. Each unit contributes to the achievement of the course learning outcomes either through teaching (T), general development of skills and knowledge (D) or in your assessments (A).

Unit	Unit Name	Level	Credits	Core or Option	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
SPO015-3	Physical Activity, Sedentary Behaviour and Health	6	30	Core	TA 12		TA1 2													
SPO025-3	Psychology of Physical Activity	6	15	Core	TA 12															
SPO057-3	Work Placement Project	6	30	Core		DA1 2		DA1 2												
SPO080-3	Personal and Project Preparation for BSc Studies	6	15	Core		TA1 2														
SPO085-3	Exercise and Fitness Testing for Clinical Populations	6	30	Core	A2	T1 D2	A1 A2													



**Section C: Assessment Plan**

The course is assessed as follows :

**BSSTTABF BSSTTABP-**

Unit Code	Level	Period	Core/Option	Ass 1 Type code	Ass 1 Submit wk	Ass 2 Type code	Ass 2 Submit wk	Ass 3 Type code	Ass 3 Submit wk	Ass 4 Type code	Ass 4 Submit wk
SPO080-3	6	SEM 1	Core	CW-ESS	6	CW-PO	13				
SPO085-3	6	SEM 1	Core	PR-ORAL	13						
SPO015-3	6	SEM 2	Core	PR-ORAL	7	EX	15				
SPO025-3	6	SEM 2	Core	CW-ESS	12						
SPO057-3	6	TY	Core	CW-PO	25	WR-PO	29				

**Glossary of Terms for Assessment Type Codes**

CW-ESS	Coursework - Essay
CW-PO	Coursework - Portfolio
EX	Exam (Invigilated)
WR-PO	Coursework - Poster

**Administrative Information**

Faculty	Faculty of Education and Sport
School	School of Sport Science and Physical Activity
Head of School/Department	Dr Andrew Mitchell
Course Coordinator	Louise Croft