Programme Specification ARO 034a

This specification provides a concise summary of the main features of the programme and of the learning outcomes that a typical student might reasonably be expected to achieve if they take full advantage of the learning opportunities provided.

This document is published on the University website and will be a publicly available record of the named programme.

Section 1 Key Facts

<table>
<thead>
<tr>
<th>Awarding Body</th>
<th>University of Stirling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partner Institution</td>
<td>N/A</td>
</tr>
<tr>
<td>Programme Name</td>
<td>Sports Studies</td>
</tr>
<tr>
<td>Award</td>
<td>BA (Hons)</td>
</tr>
<tr>
<td>Faculty</td>
<td>Health Sciences and Sport</td>
</tr>
<tr>
<td>Division (if applicable)</td>
<td>Sport</td>
</tr>
<tr>
<td>UCAS Code (UG only)</td>
<td>C600</td>
</tr>
<tr>
<td>Programme Code</td>
<td>UHX12-SPS</td>
</tr>
<tr>
<td>Mode of Study</td>
<td>Full Time ☒ Part Time ☐</td>
</tr>
<tr>
<td></td>
<td>(if both please provide two Degree Programme Tables in the Outline Programme Structure)</td>
</tr>
<tr>
<td>Location/Method of Study</td>
<td>On Campus – UK ☒ On Campus – International ☐ Online ☐ Blended ☐</td>
</tr>
<tr>
<td>Admission Points</td>
<td>September ☒ January ☐ Other ☐</td>
</tr>
<tr>
<td></td>
<td>(if more than one entry point please provide a Degree Programme Table for each in the Outline Programme Structure)</td>
</tr>
<tr>
<td>Length of Programme</td>
<td>4 years</td>
</tr>
<tr>
<td>SCQF Level</td>
<td>8-10</td>
</tr>
<tr>
<td>Total Credit Value</td>
<td>480</td>
</tr>
<tr>
<td>ECTS Credit Value</td>
<td></td>
</tr>
<tr>
<td>Relevant QAA Subject Benchmark</td>
<td><a href="http://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/sbs-events-hospitality-leisure-sport-tourism-16.pdf?sfvrsn=159df781_8">http://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/sbs-events-hospitality-leisure-sport-tourism-16.pdf?sfvrsn=159df781_8</a></td>
</tr>
<tr>
<td>Professional Body Accreditation</td>
<td>Name of accrediting body: Required for programme: Yes/No (delete as appropriate) Date of Accreditation: XX / XX / 20XX Date of Renewal: XX / XX / 20XX</td>
</tr>
<tr>
<td>Programme Director</td>
<td>Dr Paul Dimeo</td>
</tr>
</tbody>
</table>
Section 2 Overview

PROGRAMME SUMMARY

A comprehensive summary of the programme.
Teaching is delivered across 8 semesters with the final semester focusing largely on an extensive, independent research project. The overarching goal of the programme is to give students a multi-disciplinary social science-oriented understanding of sports: in particular, sports psychology, physical activity and health, sociology, management and policy.

Year 1 modules introduce students to sociological and psychological aspects of sport.

Building on this foundation, year 2 further develops students’ awareness of management and sociology, followed by full modules on sports psychology, the historical development of sport and the foundations of physical activity and health.

In years 3 and 4 students have the opportunity to specialize in specific areas while also retaining flexibility and choice. Inter-connected modules focus on key themes: management, sociology and physical activity. All students will take research methods and the seminar-based readings module. These lay the foundation for their independent research project in an area that reflects both their interests and the research expertise of staff delivering on the programme.

Throughout the programme, students will be assessed on their learning through a combination of coursework and exams. The coursework will take a range of formats designed to develop the students’ critical thinking, creativity, communication and teamwork skills. These including written and oral assignments. Exams will be in the form of multiple choice questions, short answer questions and essay questions with a view to assess the students’ learning and critical thinking.

Upon completion of the programme, students should be independent learners capable of critical analysis and competent in communicating through a range of mediums to a range of audiences. Furthermore, they will have laid the foundations of being an independent researcher having completed the following tasks under supervision: 1) defining a novel research question 2) designing a study to test the question 3) analysing and correctly interpreting the data in the context of the current body of literature and 4) presenting the results and conclusions in a journal article format. Postgraduate study would further develop the students as independent researchers.

PROGRAMME LEARNING OUTCOMES

Overarching Learning Outcomes

To contribute to a greater understanding of sport in Scotland and in other international cultures.
To provide students with a broad and comparative knowledge of Sports Studies and equip students with a critical understanding and experience integral to the study of Sport.
To make sports expertise, services and facilities accessible to local, national and international communities.
To provide students with an education in Sports Studies that adds to the value of the graduate as a member of society in terms of their general ability and their specialist abilities related to Sport.
WHAT WILL I BE EXPECTED TO ACHIEVE?

Detailed Learning Outcomes

Knowledge and understanding
Students will gain a strong foundation of knowledge and understanding of Sports Studies encompassing the key areas outlined above. Students will be provided with a critical understanding of contemporary issues in sport and become aware of the extent to which sport contributes to and is constitutive of historical, social, political, and cultural forces. Students will be provided with a knowledge and critical understanding of sports policy, management and the delivery of sporting opportunities to the community within the sports sector. Sports Studies graduates will be able to demonstrate a knowledge and understanding of the relationship between sport, exercise and health in the general population and in specialist groups.

Subject-specific skills and other attributes:
• Students will gain the ability to access, critically assess, collect, analyse and report on data within the fields that contribute to Sports Studies.
• Synthesis of understanding and knowledge within each Sports Studies knowledge stream.
• Assessment and analysis of literature in Sports Studies.

Formulating, managing and completing an independent research project.

Generic skills (e.g. information skills, communication skills, critical, analytical and problem-solving abilities) and other attributes
• Effective written and oral communication skills through written assessments and oral presentations to seminar groups and module groups.
• Information technology skills through assessments and specific module coursework involving a range of e-learning work tasks.
• Group working and collaboration skills through project work and discussion groups in seminars.
• Independent active participation and problem solving skills through reflective practice.
• Critical analytical skills from literature review and data collection.

HOW WILL I LEARN?

Outline of the assessment methods and approach to be used on the programme.
Modules will be delivered through traditional lectures, small group seminars and practical classes. Materials posted online through the learning portal, CANVAS, will support this contact time. Additional learning materials will take the form of podcasts, video lectures and additional reading material.

Attainment of the learning objectives will be assessed through coursework and written exams. Coursework may take the form of online tests, individual/group presentations, essays or digi-essays. The coursework is designed to improve critical thinking, creativity, communication and group working skills. We will liaise with the student accessibility and inclusion service to ensure alternative assessments are in place for students with additional learning support needs.

WHAT TYPES OF ASSESSMENT AND FEEDBACK CAN I EXPECT?

Outline of the assessment methods and approach to be used on the programme.
Assessment and Assessment Criteria
We use a wide range of assessments on the programme. The assessments are designed to assess the students’ attainment of the learning outcomes and encourage the development of transferable skills such as group work and communication skills. The assessments include exams based on multiple choice questions.
questions, short answer questions, essay based questions or a combination thereof. In course assessments can take the form of reports, individual/group presentations, essays and digi-essays. The assessments and marking criteria are aligned to the appropriate level on the SCQF Framework.

Feedback on Assessment
Feedback is delivered in line with the University of Stirling’s feedback policy. We will deliver feedback that is embedded throughout the learning process, timely (returned within 3 weeks), transparent, goal referenced, dialogic and consistent & accessible. We strongly encourage students to engage with the feedback/feed-forward process and also make use of peer feedback when appropriate. Students can engage by finding out how, where and when feedback/feed-forward will be given, reading and engaging with the assessment criteria and reflecting on the feedback received.

Assessment Regulations
Highlight any exceptions to the assessment regulations for this programme
None

If you would like to know more about the way in which assessment works at the University of Stirling, please see the full version of the assessment regulations at:
Undergraduate
Postgraduate – Taught
Postgraduate - Research

WHAT WILL I STUDY?
Outline Programme Structure

The list below shows compulsory and option modules for this programme. Option modules are revised over time and, in some cases, will be dependent upon pre-requisite and/or co-requisites being taken. More information about these requirements can be found in the relevant Module Descriptors. The options available each year can be subject to change due to student demand and availability of teaching staff.

- Where an “Option list” is specified, you have a choice of which module to take at this point in the degree programme and these choices are listed below
- For year 1 and 2 where “Any Module” is used it means that you can choose from all modules available to the year group and you can see the full list by following these links:

Undergraduate
Postgraduate

Year 1
Total year 1 credit value = 120

Compulsory Modules

<table>
<thead>
<tr>
<th>Module Title</th>
<th>Module Code</th>
<th>Credit</th>
<th>Semester</th>
<th>SCQF Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Sports Studies I</td>
<td>SPSU911</td>
<td>20</td>
<td>1</td>
<td>8</td>
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<tr>
<td>Introduction to Sports Studies II</td>
<td>SPSU912</td>
<td>20</td>
<td>2</td>
<td>8</td>
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</table>

Year 2
Total year 2 credit value = 120

Compulsory Modules

<table>
<thead>
<tr>
<th>Module Title</th>
<th>Module Code</th>
<th>Credit</th>
<th>Semester</th>
<th>SCQF Level</th>
</tr>
</thead>
</table>
Option Modules – you may choose one of the following modules to take in semester 3

<table>
<thead>
<tr>
<th>Module Title</th>
<th>Code</th>
<th>Credit</th>
<th>Semester</th>
<th>SCQF Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychology of Sport</td>
<td>SPSU9B4</td>
<td>20</td>
<td>4</td>
<td>9</td>
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<tr>
<td>Foundations of Physical Activity for Health</td>
<td>SPSU9F4</td>
<td>20</td>
<td>4</td>
<td>9</td>
</tr>
</tbody>
</table>

**Years 3 and 4**

Total year 3 credit value = 120

**Compulsory Modules**

<table>
<thead>
<tr>
<th>Module Title</th>
<th>Module Code</th>
<th>Credit</th>
<th>Semester</th>
<th>SCQF Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Research Methods in Sports Studies</td>
<td>SPSU9RM</td>
<td>20</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>Readings in Sports Studies</td>
<td>SPSU9R7</td>
<td>20</td>
<td>6</td>
<td>10</td>
</tr>
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</table>

**Option Modules**

<table>
<thead>
<tr>
<th>Module Title</th>
<th>Module Code</th>
<th>Credit</th>
<th>Semester</th>
<th>SCQF Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports Marketing</td>
<td>MKTU9SP</td>
<td>20</td>
<td>5/7</td>
<td>10</td>
</tr>
<tr>
<td>Physiology of Sport and Exercise</td>
<td>SPSU915</td>
<td>20</td>
<td>5/7</td>
<td>10</td>
</tr>
<tr>
<td>Sports Medicine Health and Wellbeing</td>
<td>SPSU9C5</td>
<td>20</td>
<td>5/7</td>
<td>10</td>
</tr>
<tr>
<td>Sport Governance</td>
<td>SPSU9SG</td>
<td>20</td>
<td>5/7</td>
<td>10</td>
</tr>
<tr>
<td>Sports Policy</td>
<td>SPSU9SP</td>
<td>20</td>
<td>5/7</td>
<td>10</td>
</tr>
<tr>
<td>Physical Education School Sport and Youth Culture</td>
<td>SPSU9B6</td>
<td>20</td>
<td>6/8</td>
<td>10</td>
</tr>
<tr>
<td>Applied Exercise Physiology</td>
<td>SPSU9D6</td>
<td>20</td>
<td>6/8</td>
<td>10</td>
</tr>
<tr>
<td>Psychology of Exercise Physical Activity and Health</td>
<td>SPSU9F6</td>
<td>20</td>
<td>6/8</td>
<td>10</td>
</tr>
<tr>
<td>Managing the Business of Sport</td>
<td>SPSU9SB</td>
<td>20</td>
<td>6/8</td>
<td>10</td>
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<tr>
<td>Sports Work Experience</td>
<td>SPSU9W6</td>
<td>20</td>
<td>5/6/7/8</td>
<td>10</td>
</tr>
<tr>
<td>Coaching and Leadership</td>
<td>SPSU9CL</td>
<td>20</td>
<td>6/8</td>
<td>10</td>
</tr>
<tr>
<td>Doping in Sport</td>
<td>SPSU9DS</td>
<td>20</td>
<td>5/7</td>
<td>10</td>
</tr>
</tbody>
</table>

**Year 4**

Total year 4 credit value = 120

**There are 2 alternative paths in year 4.**

**Option 1**

**Compulsory Modules**

<table>
<thead>
<tr>
<th>Module Title</th>
<th>Module Code</th>
<th>Credit</th>
<th>Semester</th>
<th>SCQF Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Research Project in Sports Studies</td>
<td>SPSU9RP</td>
<td>60</td>
<td>7/8</td>
<td>10</td>
</tr>
</tbody>
</table>
Option 2
Compulsory Modules

<table>
<thead>
<tr>
<th>Module Title</th>
<th>Module Code</th>
<th>Credit</th>
<th>Semester</th>
<th>SCQF Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Research Methods in Sport and Exercise Sciences</td>
<td>SPSU9B7</td>
<td>20</td>
<td>7</td>
<td>10</td>
</tr>
<tr>
<td>Research Project in Sports and Exercise Sciences</td>
<td>SPSU9RS</td>
<td>60</td>
<td>8</td>
<td>10</td>
</tr>
</tbody>
</table>

Key Features of the Programme (including what makes it distinctive)

This is a multi-disciplinary programme which allows students to gain both a broad introduction and to specialize in the Honours years. There is a clear emphasis on transferable skills and graduate attributes in order to prepare students for the workplace and further study.

READING LIST

Required and Recommended Reading for the Programme

SPSU911

SPSU912
- Wrisberg (2007) *Sport Skill Instruction for Coaches*

SPSU913

SPSU9B4

SPSU9F4

SPSU9D4

SPSU915

SPSU9C5
Section 3 Student Support

**SUPPORT FOR STUDENT LEARNING**

**Induction**
During the first week of semester all new students on the programme are invited to a programme induction where they get the opportunity to meet some of the staff and hear about their teaching and research interests. They are also signed up to a peer mentoring page on Facebook designed to facilitate sequential peer mentoring.

**Study Skills Support**
Student Learning Services are committed to providing comprehensive guidance on all aspects of effective and efficient learning. The ultimate aim of the service is to enable you to make the most of your academic studies at the University and for you to become an independent, successful learner during your time at the University of Stirling. This is facilitated through collaborative work with experienced tutors and by offering a variety of courses, workshops and tutorials.

All students, whatever stage of their academic studies, are welcome to use Student Learning Services. However the service may be particularly beneficial:

- In your first two years of study.
- If you are making the transition from college to Higher Education.
- If you have been out of education for some time.

What **Student Learning Services** able to do:

- Advise you on academic skills relevant to your studies at University.
- Help you consolidate your previous learning and develop new learning strategies.
- Advise on action-plans to potentially improve grades.
- Suggest practical solutions if you feel overwhelmed by assignment work.
- Help you gain confidence in the transition to Higher Education.

More information can be found here: [http://www.stir.ac.uk/campus-life/learning-support/student-learning-services/](http://www.stir.ac.uk/campus-life/learning-support/student-learning-services/)

STEER is a University-wide Student Peer Support Scheme providing Mentors or Buddies for any
Undergraduate or Taught Postgraduate student in their first year at the University of Stirling. The scheme aims to help you make the most of your time at the University and enable you to settle in as quickly as possible. More information can be found here: http://www.steer.stir.ac.uk/index.php

For Research Postgraduate Students the Stirling Graduate School as well as your own faculty will provide support. More information can be found here: http://www.stir.ac.uk/graduateschool/current-pg-students/skills-development/

Academic and Pastoral Support

Adviser of Studies: Advisers have an important role to play in enhancing your academic and personal development and are essential to ensuring you make the most of your time at university. Advisers provide a personalised point of contact for you to discuss academic concerns or queries within the academic community. The general purpose of the role is to provide more in-depth advice on the academic options available to you and on the academic policies and regulations within the University. More information can be found here: http://www.stir.ac.uk/registry/advisers/

Personal Tutor: The role of a personal tutor is to help you feel part of the University community. They are a specific and consistent source of guidance, information and support for you throughout your studies. The tutor should be the your first formal point of contact for general academic guidance and pastoral support. More information can be found here: http://www.stir.ac.uk/tse/personal-tutor/

Support and Wellbeing: At university you may face non-academic issues where you need some expert help or guidance. There are lots of ways we can help you in your day-to-day life at University. Student Support Services provide a range of high-quality services to assist you during the course of your studies, help prepare you for life after graduation. We aim to enhance the student experience and help you to get the most out of your time at University. More information can be found here: http://www.stir.ac.uk/campus-life/support-and-wellbeing/

Student Union: you can also access support through the Students’ Union, more information can be found here: https://www.stirlingstudentsunion.com/representation/studentsupport/

Accessibility and Inclusion

We are committed to offering a service which is welcoming and supportive of the needs of all students. Our service takes into account the full range of needs you may have, in a wide variety of circumstances including - physical and mobility difficulties, sensory impairments, specific learning difficulties including dyslexia and autistic spectrum disorder as well as medical conditions and mental health difficulties. We can also support you if you have short-term, temporary impairments or other difficulties as a result of an accident, injury, illness or surgery. More information can be found here: http://www.stir.ac.uk/student-support/accessibility-&-inclusion-service/

Learning Resources

You can find out more about the resources available to support your learning here: http://www.stir.ac.uk/campus-life/learning-support/

Section 4 Programme Evaluation and Enhancement

METHODS FOR EVALUATING AND IMPROVING THE QUALITY AND STANDARDS OF TEACHING AND LEARNING

Module Evaluation

Module evaluations are carried out each year and are an important way of getting student feedback on
the modules we teach. The University introduced a new programme of module evaluations in 2015 using the EvaSys system. We aim to evaluate every module we teach in every semester. You can find out more here: [http://www.stir.ac.uk/registry/studentinformation/moduleevaluation/](http://www.stir.ac.uk/registry/studentinformation/moduleevaluation/)

**Programme Review**

Programmes are reviewed annually and on a 5 yearly cycle. You can get involved in a variety of different ways; by completing module evaluations, becoming a course representative and attending Student Staff Consultative Committees, or participating in the review process itself. You can find out more here: [http://www.stir.ac.uk/academicpolicy/handbook/review-and-monitoring/](http://www.stir.ac.uk/academicpolicy/handbook/review-and-monitoring/)

**External Examiner(s) (To be added following Stage 2 approval)**

Name of External Examiner:

Institution:

*Please add as required.*

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### Section 5 My Future

**WHAT KIND OF CAREER MIGHT I GO ON TO?**

What career avenues does this qualification open up to the student?

Many of our graduates work in sports organisations, which can include the public sector (such as Local Authorities), the private sector and the third sector. They have gained roles in physical activity, sports development, management, coaching and event organization. Other students have chosen to continue their education by pursuing Postgraduate study.

**WHAT STUDY ABROAD OPPORTUNITIES ARE AVAILABLE?**

Applications usually open up to 2nd year students with a view to study abroad in year 3. Students can find out more information by attending the International Opportunities fair usually held in October.

**WHAT PLACEMENT OPPORTUNITIES ARE AVAILABLE?**

N/A

**WHAT FURTHER STUDY OPTIONS ARE AVAILABLE TO ME?**

What programmes of study could the student go on to after successfully completing this one?

Sports management, coaching, psychology and sports development.

If a student has relevant work experience they can apply for further study in Physical Education teaching.

**WHAT OTHER INFORMATION DO I NEED TO KNOW?**

Information that should be displayed at module registration and/or on the Degree Programme Table webpages to help students understand any programme specific requirements or agreed exceptions to regulations. This could also include useful information that will enable a student to decide to take this programme, prepare for the programme, or that will be useful to them on completion of the programme e.g. professional recognition/accreditations etc.

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### Section 6 Admissions

**HOW DO I ENTER THE PROGRAMME?**
Admissions Criteria
Up to date entry criteria can be found here [https://www.stir.ac.uk/courses/ug/sport/sports-studies](https://www.stir.ac.uk/courses/ug/sport/sports-studies)

Version: 3
Date Version Approved: 25/04/2019
For use from: 2019/20