COURSE SPECIFICATION

MSc Clinical Exercise Science

Quality Assurance, Academic Standards and Partnerships
Department of Student and Academic Administration

COURSE SPECIFICATION

Course Title	*MSc Clinical Exercise Science*
Final Award	*MSc*
Exit Awards	*PgCert* *PgDip*
Course Code / UCAS code (if applicable)	*P3140*
Mode of study	*Full time & Part time*
Mode of delivery	*Campus*
Normal length of course	*1 year*
Cohort(s) to which this course specification applies	*From September 2022 intake onwards*
Awarding Body	*University of Portsmouth*
Teaching Institution	*University of Portsmouth*
Faculty	*Faculty of Science and Health*
School/Department/Subject Group	*School of Sport, Health and Exercise Science*
School/Department/Subject Group webpage	*http://www2.port.ac.uk/department-of-sport-and-exercise-science/*
Course webpage including entry criteria	*https://www.port.ac.uk/study/courses/msc-clinical-exercise-science*
Professional and/or Statutory Regulatory Body accreditations	*None*
Quality Assurance Agency Framework for Higher Education Qualifications (FHEQ) Level	*FHEQ7*

This course specification provides a summary of the main features of the course, identifies the aims and learning outcomes of the course, the teaching, learning and assessment methods used by teaching staff, and the reference points used to inform the curriculum.

This information is therefore useful to potential students to help them choose the right course of study, to current students on the course and to staff teaching and administering the course.

Further detailed information on the individual modules within the course may be found in the relevant module descriptors and the Course Handbook provided to students on enrolment.

Please refer to the Course and Module Catalogue for further information on the course structure and modules.

Educational aims of the course

The aims of the MSc Degree:

- To promote an understanding of the inter-disciplinary nature of applied clinical exercise science.
- To provide advanced knowledge and understanding of scientific principles underpinning health-related fitness enhancement.
- To enable students to evaluate and apply a range of research techniques and methodologies.
- To evaluate and integrate application of theory to practice with current needs, priorities and ethical frameworks within clinical exercise.
- To use problem-based learning approaches to enable students to experience a variety of challenges in clinical exercise.
- To give the student relevant experience and support to carry out an independent study project of their own design and to interpret and discuss these results within the context of clinical exercise.

Course Learning Outcomes and Learning, Teaching and Assessment Strategies

The Quality Assurance Agency for Higher Education (QAA) sets out a national framework of qualification levels, and the associated standards of achievement are found in their Framework for Higher Education Qualifications document.

The Course Learning Outcomes for this course are outlined in the tables below.

A. Knowledge and understanding of:

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
A1	*Clinical exercise science from an applied and interdisciplinary perspective.*	*Lectures, seminars, laboratory work, group work, simulations and the project.*	*Essays, professional portfolios, practicals, reflective accounts, presentations and case studies*
A2	*Applied theoretical research-based knowledge across health-related fitness sub-disciplines.*	*Lectures, seminars, laboratory work, group work, simulations and the project.*	*Essays, literature reviews, presentations and case studies*
A3	*Problem solving approaches to formulate solutions to a variety of problems in the health-related fitness context.*	*Lectures, seminars, laboratory work, group work, simulations and the project.*	*Professional portfolios and reports.*

B. Cognitive (Intellectual or Thinking) skills, able to:

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
B1	*Recognise and critically analyse existing methodologies used within clinical exercise science.*	*Lectures, seminars, laboratory work, group work, simulations and the project.*	*Analytical essays, professional portfolios, presentations and project report.*
B2	*Select and apply scientific principles to the implementation of health-related fitness enhancing and evaluation strategies.*	*Lectures, seminars, laboratory work, group work, simulations and the project.*	*Essays, professional portfolios, literature reviews, presentations, case studies and project report.*
B3	*Use principles and supporting theory to solve "real" health-related fitness issues and challenges.*	*Lectures, seminars, laboratory work, group work, simulations and the project.*	*Professional portfolios, analytical essays and project report.*

C. Practical (Professional or Subject) skills, able to:

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
C1	*Proficiently apply and interpret tests of physical function in a safe, confident and reliable manner.*	*Lectures, seminars, laboratory work, group work, simulations and the project.*	*Professional portfolios, practicals, reflective accounts, presentations and case studies*
C2	*Produce critical scientific reports, programmes and case studies in an appropriate format for application within a health-related fitness environment.*	*Lectures, seminars, laboratory work, group work, simulations and the project.*	*Essays, literature reviews, presentations and case studies*
C3	*Confidently use a variety of valid and reliable tests in the assessment of health-related fitness status.*	*Lectures, seminars, laboratory work, group work, simulations and the project.*	*Professional portfolios and laboratory reports.*

D. Transferrable (Graduate and Employability) skills, able to:

LO number	Learning outcome	Learning and Teaching methods	Assessment methods
D1	*Communicate effectively and confidently, using a range of media.*	*Laboratory work, group work, simulations and the project.*	*Analytical essays, professional portfolios, practical assessments, presentations and project report.*
D2	*Be an independent learner and demonstrate collaborative skills.*	*Lectures, seminars, laboratory work, group work, simulations and the project.*	*Professional portfolios, literature reviews and project report.*
D3	*Develop a self-reflective element to learning and evaluation.*	*Lectures, seminars, laboratory work, group work, simulations and the project.*	*Reflective accounts, analytical essays and professional portfolios.*

Academic Regulations

The current University of Portsmouth Academic Regulations will apply to this course.

Support for Student Learning

The University of Portsmouth provides a comprehensive range of support services for students throughout their course, details of which are available at the MyPort student portal.

Evaluation and Enhancement of Standards and Quality in Learning and Teaching

The University of Portsmouth undertakes comprehensive monitoring, review and evaluation of courses within clearly assigned staff responsibilities. Student feedback is a key feature in these evaluations, as represented in our Policy for Listening to and Responding to the Student Voice where you can also find further information.

Reference Points

The course and outcomes have been developed taking account of:

- University of Portsmouth Curriculum Framework Specification
- University of Portsmouth Vision 2030 and Strategy 2025 Quality Assurance Agency UK Quality Code for Higher Education
- Quality Assurance Agency Qualification Characteristic Statements
- Quality Assurance Agency Subject Benchmark Statement for BioSciences.
- Quality Assurance Agency Framework for Higher Education Qualifications

Disclaimer

The University of Portsmouth has checked the information provided in this Course Specification and will endeavour to deliver this course in keeping with this Course Specification. However, changes to the course may sometimes be required arising from annual monitoring, student feedback, and the review and update of modules and courses.

Where this activity leads to significant changes to modules and courses there will be prior consultation with students and others, wherever possible, and the University of Portsmouth will take all reasonable steps to minimise disruption to students.

It is also possible that the University of Portsmouth may not be able to offer a module or course for reasons outside of its control, for example, due to the absence of a member of staff or low student registration numbers. Where this is the case, the University of Portsmouth will endeavour to inform applicants and students as soon as possible, and where appropriate, will facilitate the transfer of affected students to another suitable course.

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Document details

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