



Programme Specification

PAN-Tu-2018: Physical Activity, Health and Nutrition BSc (Hons) Top-up

LU Bachelor of Science with Honours (Top-up) awarded by Lancaster University (FHEQ Level 6)

Programme Status: Approved | Version: 1

Introduction

This programme specification provides a summary of the main features of the Physical Activity, Health and Nutrition BSc (Hons) Top-up programme and the learning outcomes that you as a student might reasonably be expected to achieve and demonstrate on successful completion of the programme.

Further detailed information related to this programme and the College can be found in the following resources:

- Programme Handbook
- B&FC Student Handbook
- B&FC Admissions Policy
- Work based and placement learning handbook (for foundation degrees)
- Student guide to assessment and feedback

Key Programme Information

Programme Code	PAN-Tu-2018
Programme Title	Physical Activity, Health and Nutrition BSc (Hons) Top-up
Teaching Institution	Blackpool and The Fylde College
Professional, Statutory and Regulatory Body (PSRB) Accreditation	None
UCAS Code	
Language of Study	English
Version	1
Approval Status	Approved
Approval Date	12 July 2018
JACS Code	
Programme Leader	Graham Mason

Programme Awards

Award	Award Type	Level	Awarding Body
LU Bachelor of Science with Honours (Top-up)	Honours Top-up Degree (120 credits)	Level 6	Lancaster University

Programme Overview

The BSc (Hons) Physical Activity, Health & Nutrition programme will develop skills that will equip you to have a significant impact on improving health and wellbeing in today's society. The top up year supports you to engage with theoretical principles and critically evaluate both your own, and others research, whilst gaining strong practical skills, to enable you to seek employment in this sector.

This innovative programme has a distinctive multidisciplinary approach and will allow you to gain an insight into the impact that physical activity, health initiatives and nutrition play on both an individuals and a population's well-being. Working with a host of local employers you will gain practical experience working in different settings and with different clients and get the chance to engage with research and projects that enrich your study and contribute to a real and measurable impact on the local community.

The inactivity epidemic which we are currently in has taken lives. With an estimated 3.2 million

deaths each year worldwide caused by sedentary behaviour but things are changing both nationally and locally whereby physical activity is starting to be seen as absolutely vital to the health of every person worldwide.

Admission Criteria

Successful completion of the FD in Physical Activity, Health and Nutrition obtained from Blackpool & The Fylde College. It should be noted that the Foundation Degree has a 5 year 'take up' option regarding entry onto the BSc (Hons) top up.

Career Options and Progression Opportunities

Our graduates have ultimately progressed onto Level 7 (MSc) programmes or gained employment at a professional level in a number of sector areas. Our recent graduates have progressed on to Masters Degrees at UCLAN (Preston), Edge Hill University (in a range of subject disciplines such as Health Psychology and Physical Activity and Mental Health) and also onto PGCE programmes here at Blackpool and The Fylde College and at the University of Cumbria. Progression and employability are key to the structure of the programme, as demonstrated by the wide variety of employment gained with organisations such as Public Health England, the NHS, and physical activity promotion centres such as the YMCA. Alumni have taken up positions as researchers, P.E teachers, personal trainers and health and well-being coaches.

Currently UKActive have stated that if “we are going to get more people more active, more often and improve the health of the nation, we need the broadest possible coalition of partners.” Therefore the health industry requires people working in both the public and private sector and as such graduates will gain the expertise to be able to motivate various populations of people regarding changing individual lifestyles with regards to their physical activity, nutrition and health behaviours.

Programme Aims

To provide an academically challenging and vocationally relevant education for those who wish to follow careers related to the health industry.

To develop the ability to critically analyse physical activity nutritional and health issues, alongside health information and qualitative and quantitative data, drawn from a wide range of disciplines.

To provide the opportunity to critically examine the health determinants including local, national, international and global aspects and perspectives, with the focus of study extending from the health and well-being of individuals and families, through communities, to the health of populations at national and international level.

To enable students to recognise the multidisciplinary and interdisciplinary approach to health and lifestyle modification.

Programme Learning Outcomes

Level 6

Upon successful completion of this level, students will be able to:

1. Critically assess and evaluate key areas of physical activity delivery through reflective practice.
2. Solve complex problems by methods of acquiring, interpreting and analysing information that is appropriate to the study of physical activity, nutrition and health promotion.
3. Critically analyse and evaluate the moral, ethical, environmental and legal issues that underpin best practice in both individual and community based practice within a health and physical activity environment
4. Critically analyse, synthesise and summarise published research, reports and other sources of information around contemporary issues nutrition
5. Critically evaluate key sociological issues facing the world's health systems, including nutritional deficiencies, rising inactivity and sustainable behaviour change
6. Use a range of established techniques to initiate research and undertake critical analysis of information, proposing solutions to problems arising from reflective practice within a physical activity setting.
7. Communicate information, arguments, and critical analysis in a variety of forms, to specialist and non-specialist audiences, and deploy key techniques of the discipline effectively in this area of study in order to critically apply them in a work context.

Programme Structure

Pathway	Module	Level	Credits	Coursework	Practical	Written Exam
Stage 1						
Stage award: LU Bachelor of Science with Honours (Top-up)						
(Awarded by Lancaster University)						
All	PAN601: Contemporary Issues in Nutrition and Health (Mandatory)	6	20	40%	60%	
	PAN602: Internationalising Health (Mandatory)	6	20	50%	50%	
	PAN603: Changing Lifestyle Behaviours (Mandatory)	6	20	85%	15%	
	SPG611: Dissertation (Mandatory)	6	40	100%		
	SPG612: Working with Specialist Populations (Mandatory)	6	20	50%		50%

Course Options

There are no optional modules as the current route of study has been carefully shaped and developed in conjunction with employers and research centres. The programme focuses on developing students for employment in the Physical Activity, Health and Nutrition sector, and is optimised for this through its creative design.

Study Workload

Attendance at the institution is spread over 2 days, to enable you to carry out practical research alongside developing theoretical knowledge. In addition you will need to study independently to develop a broader understanding of the concept of health promotion. Assessments involve practical work in laboratories, written investigations, and consideration of theory and so you will need to develop your independent study skills. This is supported through excellent Moodle (VLE) resources online, to enable you to study in your own time.

Programme Delivery: Learning and Teaching

As a top up student you will be given the opportunity to direct much of your study to match your interests and career aspirations. Significant focus is placed on the development and delivery of graduate level transferable skills that match the recruitment requirements for roles such as health practitioner and community health development officers. As a level 6 student the course aims to expose you to a myriad of vocational and real world experiences, these experiences help you create professional networks and allows you to develop the skills sought after by employers. Many of the initiatives in our local areas have seen significant investment into long term projects such as 'Healthy Towns' and Health Improvement Initiatives; it is these type of projects that you will be given the chance to be part of and that allow you to gain practical experience working in different settings and with different clients

Our sport science lab allow you to develop physiological testing skills and houses a gold standard VO2 max analyser as well as cutting edge equipment that allows field based immune system testing. This type of equipment allows high level research to be undertaken and provides the opportunity for you to submit research to student conferences, journals and develop rationales for post graduate study. Our flexible and reactive approach to learning means events and projects from local groups can be built-in to enhance sessions where suitable.

Programme Delivery: Assessment

A variety of assessment methods link to both personal development and industry practices and include the following:

- Laboratory reports and data interpretation exercises
- Critical analyses of case studies
- Seen and unseen examinations
- Individual and group presentations (whether oral and/or technology-based)
- Critical self and peer-evaluation
- Role analyses/evaluations
- Logbooks and diaries relating to professional practice/work placement and Personal Development Planning
- External placement or work-based learning reports
- Presentations and poster production
- Practical scenarios relating to industry

This range of methods is used to reflect the programme aims and learning outcomes, alongside supporting your development as a health practitioner. They enable us to provide feedback to you and identify ways for you to improve. They will contribute to your module grade and final award.

Assessment will implement strategies which are considered to reflect authentic practices as you should be 'proficient at performing the tasks you encounter when you graduate' therefore your assessment should will require you to perform meaningful tasks that replicate real world challenges within health promotion. For example during the module Working with Specialist Populations formative assessment will be performance-based and require students to demonstrate mastery of professional practices. As such the closer the tasks are to real practice, the greater the degree of authenticity therefore they will be required to undertake a case study based around health promotion and the prescription of physical activity.

Programme Delivery: Work Based and Placement Learning

The programme prides itself in having excellent links with the sector and these have been maintained and developed throughout the year. The employer engagement within the programme ensures a high level of vocational relevance to module content and provides volunteering opportunities for the students. The strong links with the sector has enabled the students to choose from a variety of different placement opportunities within the sports sector. The voluntary placements increase employability by developing relationships with employers which can potentially lead to career opportunities.

Programme Delivery: Graduate Skill Development

The Physical Activity, Health and Nutrition programme will support a wide range of skills' development, enabling you to commit to a career in this sector or in related areas. The programme is intended to help you build these skills gradually, which will embed a strong commitment to lifelong learning. You will be given opportunities to focus on the development of professional competencies which will allow skills to be developed to be utilised in a multi-disciplinary approach. You will develop excellent communication skills, verbal, written and digital, so that you can engage with the wider scientific community. Whilst carrying out practical and field work, you will strengthen your leadership and teamwork skills, and also become an independent and autonomous student.

Study Costs: Equipment Requirements

Due to the number of practical and physical activity sessions, you will need to supply your own warm, waterproof clothing and appropriate footwear.

Furthermore it is likely that transportation costs may be incurred as the majority of practical sessions will be held at the colleges Bispham campus. It is critical that resources at Bispham, such as the 3G pitch, Sports hall and gym are available for timetabling.

Also students have the option of purchasing a college tracksuit for practical sessions, at a cost of approximately £150.

Bolt on courses are also available and are offered at reduced costs: Students will be expected to choose at least 1 course from the following:

UKCC Level 1 Award in Coaching Badminton

UKCC Level 1 Award in Coaching Cycling

UKCC Level 1 Award in Coaching Football

Study Costs: Additional Costs

As part of the programme, you are strongly recommended to attend residential field trips, which provides an opportunity to develop practical skills and embed theoretical concepts. Costs involved with this trip cover food, transport and accommodation and typically comes to around £300, although this is calculated yearly and is subject to change. Travel for local field trips is paid for by the college.

Related Courses

The Physical Activity, Health and Nutrition programme of study is unique at the Blackpool and Fylde College, with only a handful of institutions providing the programme nationally. Other Physical activity and sport degrees are available, such as the sports coaching programme, also located at our University Centre. Upon completion of the Physical Activity, Health and Nutrition foundation degree programme, graduates are able to progress onto a top up at BSc (Honours) level.