

Programme Specification

PAN-Fd-2018: Physical Activity, Health and Nutrition FdSc

B&FC Foundation Degree in Arts awarded by Blackpool And The Fylde College (FHEQ Level 5)

Programme Status: Approved | Version: 1

Introduction

This programme specification provides a summary of the main features of the Physical Activity, Health and Nutrition FdSc 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-Fd-2018
Programme Title	Physical Activity, Health and Nutrition FdSc
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
B&FC Foundation Degree in Arts	Foundation Degree (240 credits)	Level 5	Blackpool And The Fylde College

Programme Overview

Our pioneering FdSc Physical Activity, Health and Nutrition gives you the chance to transform your passion for exercise and healthy eating into career roles where you can make a real difference to the lives of individuals and communities. You will explore the importance of physical activity and nutrition in preventing and managing disease as well as promoting optimal health and wellbeing at all stages in life. Throughout the course learn how to appraise and debate the latest scientific evidence around a range of contemporary health related subjects such as dieting, body dysmorphia and mental health.

With a strong focus on real world learning, the course enables you to apply your skills and knowledge to practical health promotion projects. You will gain experience of working with individuals to change their attitudes to exercise and nutrition. You will also take part in initiatives which aim to improve the health and exercise habits of specific communities and population groups.

The department has a strong track record for collaborative projects aimed at tackling physical inactivity and have been involved in projects around the Blackpool Healthy Towns initiative as well projects across Fleetwood and Wyre Borough. By joining this course, you will play an important role in helping us to achieve the health targets set out by the local council whilst at the same time developing the academic knowledge and practical know-how to develop your own career direction in a specialist and growing field where high-calibre new recruits are in demand.

Using the sport science laboratory you be involved in physiology testing analysing issues such as immune system function, occupational health assessments as well as psychology-based studies relating to exercise and physical activity. Elements of the programme are aligned to the national standards for the Register of Exercise Professionals (REPs) so you will have opportunities to gain qualifications such as level two Gym Instructor Award as a bolt on courses (fees may apply)

You will acquire essential practical skills and knowledge through exciting work based learning activities, utilising across the college's vocational links. These are embedded at each stage of the course and you will work alongside academics and health practitioners with a broad range of expertise. The activities and vocational projects we engage with will give you experience of working with various community and clinical groups and serve to enhance your interpersonal and communication skills.

Admission Criteria

A minimum of 64 UCAS points, which includes at least one of the following – Health Studies, Sports Coaching, Sports Studies and Development or in a Science discipline at Diploma level (3). Applicants who are able to demonstrate relevant work/life skills or knowledge will also be considered on an individual basis particularly those who have a passion for changing individual life factors such as participation in physical activity and unhealthy eating.

Career Options and Progression Opportunities

Once you have successfully completed the FD in Physical Activity, Health and Nutrition you will be eligible to undertake the top-up BSc (Hons) degree in Physical Activity, Health and Nutrition. 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.

Programme Aims

- To engage students with a dynamic interchange between theory, research and practice, and to foster an exploration of health as a human experience mediated by individual, societal and global contexts.
- To facilitate and encourage acquisition of industry relevant multidisciplinary qualifications for the planning and delivery of health, nutritional and physical activity interventions, designed to provide a portfolio of traditional and vocationally focused employability skills.
- To provide students with a programme of study, including a range of specialist options that are academically rigorous, reflexive, stimulating and challenging, and relevant to vocational and career intentions within health, nutrition and physical activity settings.
- To progressively develop cognitive, key, transferable and, where applicable, practical skills through multi-disciplinary, inter-disciplinary and progressive modular content that develop an ability to engage actively in discourse around the concept of health and representations.

- To equip graduates with the ability to consider innovative and diverse approaches to research that embeds both ethical and critical reflection, providing the skills to move beyond problem solving into an exploration of the possibilities for the enhancement of health status.
- To engage students with a body of specialist health, nutrition and physical activity theory that supports lifelong professional development.
- To provide students with the opportunity to develop professional skills relevant to their programme of study, as well as attitude and behaviours necessary for employment in a diverse and changing environment

Programme Learning Outcomes

Level 5

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

1. Evaluate contested concepts of health, nutrition and physical activity and discuss the multidisciplinary way in which those principles are applied in practice
2. Evaluate and apply the appropriateness of theoretical models and perspectives of health interventions ensuring cultural and social diversity.
3. Communicate information, arguments, and analysis in a variety of forms, to specialist and non-specialist audiences using information and communication technology.
4. Use safe and effective laboratory and field based practice that includes risk assessment and the identification of emergency procedures.
5. Synthesise arguments from a range of theories relating to individual and institutional health issues which impact on the health status of individuals.
6. Critically evaluate human responses to the effects of physical activity and nutritional interventions and associated behaviour change.
7. Discuss contemporary issues at the forefront of health and well-being, outlining the relationship between health and physical activity.
8. Explain the variables involved in the teaching, instructing and leading of sport, physical activity and nutritional interventions and the controversies that attend them.
9. Critically review the links between Government policy and an individuals experience of health promotion and nutritional guidance.
10. Assess the nutritional status and the key issues associated with the human life cycle and explain the relationship between socio-demographic, economic and environmental factors on dietary behaviour and patterns.

Programme Structure

Module	Level	Credits	%	Category	Description	Length/Word Count	Grading Method
Stage 1							
B4SCPAN-FD: Introduction to Academic Study (Mandatory)	4	20	60%	Coursework: Other	Written piece and reflection	2000	Letter Grade
			40%	Practical: Other	Case study, analysis, interpretation (1500 words) and poster presentation (15 minutes)	15	Letter Grade
PAN401: Introduction to Health Studies (Mandatory)	4	20	50%	Coursework: Case Study		2000	Letter Grade
			50%	Practical: Presentation		15	Letter Grade
PAN404: Social Perspectives of Health (Mandatory)	4	20	40%	Coursework: Evaluative/ Reflective Report		1500	Letter Grade
			60%	Practical: Presentation		20	Letter Grade
PAN405: Physical Activity Design (Mandatory)	4	20	40%	Coursework: Evaluative/ Reflective Report		1500	Letter Grade
			60%	Practical: Performance		20	Letter Grade
PAN406: Eating for Health (Mandatory)	4	20	60%	Coursework: Report		2500	Letter Grade
			40%	Coursework: Other	Academic Poster - MUSTPASS	1000	Letter Grade
SPG412: Anatomy and Physiology Fundamentals (Mandatory)	4	20	50%	Coursework: Evaluative/ Reflective Report	Laboratory Based Report	2000	Letter Grade
			50%	Written Exam: Formal Written Examination	n/a	90	Letter Grade
Stage 2							
B5PAN-32: Work Based Learning (Mandatory)	5	20	70%	Coursework: Report	Project	3000	Letter Grade
			30%	Practical: Presentation	Poster - Critical Reflection & Target Setting	2000	Letter Grade
PAN501: Nutritional Physiology and Metabolism (Mandatory)	5	20	50%	Coursework: Literature Review		2000	Letter Grade
			50%	Coursework: Project	Produce a resource for vocational delivery	1500	Letter Grade
PAN503: Applied Community Health (Mandatory)	5	20	50%	Coursework: Essay		2000	Letter Grade
			50%	Coursework: Case Study		2000	Letter Grade

PAN504: Health Technologies (Mandatory)	5	20	50%	Coursework: Essay		2000	Letter Grade
			50%	Practical: Presentation		20	Letter Grade
PAN505: Delivering Frontline Health (Mandatory)	5	20	50%	Coursework: Evaluative/ Reflective Report		2000	Letter Grade
			50%	Practical: Practical Skills Assessment		20	Letter Grade
PAN506: Cognitive Health (Mandatory)	5	20	40%	Coursework: Case Study		1500	Letter Grade
			60%	Practical: Other	Micro-teach a seminar of a case study (analysing physical activity as a treatment)	20	Letter Grade

Study Workload

Attendance at the institution is spread over 2 days, enabling you to gain practical research skills alongside your developing theoretical knowledge. In addition to your time in the classroom you will need to study independently to develop a broader understanding of the concept of sports coaching and performance science. Module assessments involve production of lab work, essays, presentations and practical skills assessments. During your time on the course your studies will be fully supported by our excellent online learning platform, Canvas which enables you to study in your own time.

Time allocated for your career development will provide you with an opportunity to focus on applying your learning and experiences to the development of graduate attributes, your professional practice and career intentions. A range of self-paced digital resources to support work based and independent learning will also be made available to you on your VLE.

Programme Delivery: Learning and Teaching

From the moment you join the programme you will be assigned a personal tutor who will be responsible for supporting your academic and personal progress throughout the course. This one-to-one support is central to helping you achieve your very best results during your time on the course. As part of your timetable you will have weekly contact with your tutor in a progress meetings and seminars and they will be on hand to discuss any course related issues or concerns you may have.

Your course will be taught through seminars, group work, practical sessions, tutorials, independent study and lectures. Assessment will include coursework, practice/ competency based learning and examinations. Whilst study time on this course is spent in lectures, seminars and tutorials our online learning portal allows you to undertake independent study in a flexible way that fits around work and family commitments. The core delivery of the programme focuses on developing your knowledge and skills by exposing you to a mix of theory and practical sports coaching environments. Your module specification/course handbook will provide full details of the assessment criteria applying to your course.

The course team will also arrange for a wide range of presentations from guest speakers, encourage you to attend cross college workshops and seminars and give you the chance to engage with trips and visits. In the second year of the programme you will be given the chance to undertake a range of work-based learning activities. The course has strong links with a range of healthcare and lifestyle improvement organisations and much of the experiential learning and practical application of coaching skills are rehearsed through these industry links. The course also work closely with a number of health clubs and students have the opportunity to undertake industry leading courses as a result of these partnerships. Experiences gained through these experiences are supplemented by more theoretically focused learning to ensure a rounded and comprehensive view of the subjects studied.

Programme Delivery: Assessment

A variety of assessment methods link to both personal development and industry practices including 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

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.

Programme Delivery: Work Based and Placement Learning

At level 5 there is an emphasis on the nature of contemporary work based learning opportunities that can occur in different contexts in terms of where you are in your professional career or learning journey. The practice of work based learning relates to your academic and professional development to prepare you for graduate employment and career development.

We recognise that for some students, work-based learning will be linked directly to their employment or a structured work placement, for others, it may relate to a specific live-brief or scenario which has been co-created with an employer. Your work-based learning experience may fall in to one of the following categories or it could be a combination of all three.

Learning through work: structured work placements or internships undertaken for a minimum of 30 hours (equivalent to a 5-day industry placement) as part of the module to provide you with an experience of an employment situation where the work you undertake will provide a key source for your learning, including remote working and work undertaken in non-employed settings i.e. volunteering

Learning at work: if you are employed in an appropriate setting and your subject discipline is embedded in the workplace.

Learning for work: live work-based project which involves employers in the commissioning of industry briefs, projects or research. Similar to learning through work, it provides you with a work-based experience of your industry, where the work you undertake will provide an opportunity to connect theory and practice to work-based learning.

Work-based learning activities

There are a variety of work-based learning activities which you can engage, including (where required) work placements. In order for you to learn from your experiences it is recommended that you should engage in a minimum of 30 hours of work based learning activities. These activities can include:

- Researching a company or organisation a student may wish to join as an employee
- Attending a careers interview, job application and interview skills
- Understanding the job market, skills and attributes sought by employers.
- Developing a graduate employability profile e.g. LinkedIn
- Career planning, professional development and target setting
- Evaluating role and responsibilities in the workplace
- Incorporating formative and summative feedback in to professional and academic targets

You can discuss the range of activities available to you and these can be incorporated to your learning experience with your Work-based Learning Module Tutor and Progress Tutor.

The programme team also has strong links with local health and lifestyle directed organisations, so opportunities to work on projects with specialist and clinical populations as well as more team focused projects may be offered. You will create a presentation of your work as part of a poster showcase event – this event is attended by employers and local health authorities and gives you chance to present your work to future employers. These valuable sessions allow you to demonstrate your employability skills, in a professional, yet supportive environment and enable you to demonstrate your ability to discuss an area of your own particular interest.

Programme Delivery: Graduate Skill Development

The Physical Activity, Health and Nutrition programme will support a wide range of skills' development, enabling you to start or develop your career in this sector or in related areas. The programme fully supports you to develop a strong commitment to lifelong learning and signposts external CPD and volunteering opportunities as you progress through the course. You will be given opportunities to focus on your role as a global citizen, by considering ethical and professional issues related to health promotion. 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 College's 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 where different priced packages are available – typically the tracksuit costs £70.

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. There may be additional costs to consider such as printing and photocopying.

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.