Programme Specification[1]

1. Programme Title(s) and Code(s):

Programme Title	*UCAS Code*	*GU Code*
BSc Honours in Physiology, Sports Science & Nutrition	BC46	BC46-2105

2. Academic Session:

2018-19

3. SCQF Level (see Scottish Credit and Qualifications Framework Levels):

10

4. Credits:

480

5. Entrance Requirements:

Please refer to the current undergraduate prospectus at: http://www.gla.ac.uk/undergraduate/

6. ATAS Certificate Requirement (see Academic Technology Approval Scheme):

ATAS Certificate not required

7. Attendance Type:

Full Time

8. Programme Aims:

Physiology & Sports Science is the scientific study of the principles and problems of Physiology & Sports Science and an advanced treatment of particular aspects from the molecular and cellular to the whole body level of investigation. Physiology & Sports Science is designed to equip students to serve the community, whether at the level of basic health or of high level sport, as researchers, teachers, counsellors and leaders in the physiological and exercise sciences. Nutritional Science investigates how the body nourishes itself. It studies the

[1] This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if full advantage is taken of the learning opportunities that are provided. More detailed information on the learning outcomes, content and teaching, learning and assessment methods of each course can be found in course handbooks and other programme documentation and online at www.gla.ac.uk/

The accuracy of the information in this document is reviewed periodically by the University and may be checked by the Quality Assurance Agency for Higher Education.

effects of nutrient supply and diet on metabolism and the body's functions. Nutritionists create and apply scientific knowledge to promote an understanding of the effects of diet on health and well-being of humans. The Nutrition Honours Programme provides a thorough grounding in nutrition and, sports and exercise nutrition.

Particular strengths of the programme are: a) the course has a good range of topics covering physiology, sports science, all aspects of human nutrition, including sports and exercise nutrition; b) the opportunity to undertake a research project under supervision of highly experienced researchers and c) the course provides further enhancement of IT skills and transferable generic skills within the nature of the degree and has a major emphasis on communication skills, both written and oral and the ability to handle and interpret nutritional data.

The principal aims are:

- To equip students with a basic understanding of Physiology & Sports Science, and a competence in relevant scientific methods
- To provide a thorough grounding in the principles of Human Nutrition and Sports Nutrition
- To equip graduates with the knowledge, skills, understanding, scholarship and critical judgement appropriate for professional employment or further study for a successful career in Physiology & Sports Science, Nutrition or Sports Nutrition.
- To stimulate and foster a sense of excitement in Physiology & Sports Science and Nutrition as an approach to understanding living organisms
- To enable graduates to engage in, and contribute to, current debates about major issues in Physiology & Sports Science, Nutrition and Sports Nutrition
- To provide in-depth training in the skills necessary for engaging in and interpreting Physiology & Sports Science and Nutrition research
- To develop those advanced transferable, intellectual, interpersonal and practical skills which may be of advantage in a wide range of employment and further study
- To develop in students the flexibility to adapt to change throughout their working lives

9. Intended Learning Outcomes of Programme:

The programme provides opportunities for students to develop and demonstrate knowledge and understanding, skills, qualities and other attributes in the following areas:

Knowledge and Understanding

By the end of this programme students will be able to:

- demonstrate advanced knowledge and understanding of the main investigative methods used in Physiology & Sports Science, both in the laboratory and in the field
- demonstrate advanced knowledge and understanding of the main issues in Human Nutrition
- demonstrate an understanding of professional ethics in science and of the principles that can guide ethical decision-making in biological controversies
- demonstrate an advanced understanding of the relevance of Physiological & Sports Science and of Human Nutrition to problems in areas such as human health and disease
- demonstrate basic knowledge and understanding of the central facts and concepts of Physiology & Sports Science
- demonstrate advanced knowledge and understanding of the central facts and concepts of Human Nutrition and of Sports and Exercise Nutrition

Skills and Other Attributes

By the end of this programme students will be able to:

Subject-specific/practical skills

- demonstrate ability in a range of appropriate practical techniques and skills relevant to research in

Physiology and Sports Science and / or Nutrition; this will include the ability to place the work in context and to suggest lines of further investigation

- plan, execute and present an independent piece of work in Physiology and Sports Science and / or Nutrition in which qualities such as time management, problem solving and independence are evident as well as interpretation and critical awareness of the quality of evidence

Intellectual skills

- solve advanced problems of a numerical or logical nature in Physiology & Sports Science and / or Nutrition
- apply relevant advanced numerical skills (including statistical analysis where appropriate) to analyse and interpret Physiological and Sports Science and / or Nutritional data
- critically analyse research papers in Physiology & Sports Science and / or Human Nutrition
- selectively extract information from published sources and use this to present critical reviews of the current state of knowledge in Physiological & Sports Science and / or Nutrition topics

Transferable/key skills

- use computers to search literature databases, compose reports for written and oral presentation and analyse data
- use computers and a variety of software to handle data, describe data and perform simple statistical analysis
- give a clear, well-constructed oral presentation to present the results of nutritional research
- demonstrate their ability to manage their time appropriately in order to prioritise tasks and meet deadlines
- be able to access and evaluate nutrition information from a variety of sources including the relevant scientific literature and communicate the principles both orally and in writing (e.g. essays, laboratory reports) in a way that is well-organised, topical and recognise the limits of current hypotheses

10. Typical Learning and Teaching Approaches:

A range of teaching methods are used during the programme; typically these include:

- Lectures
- Laboratories
- Workshops
- Tutorials
- Poster presentations
- Problem Based Learning
- Seminars
- Dissertation
- Honours research project

11. Typical Assessment Methods:

A number of different methods are used to assess the courses which make up the programme; typically these include:

- Written degree examinations (essays, objective testing, short answers and problem-solving)
- Class examinations
- Laboratory reports
- Essays
- Posters
- Peer review of group work
- Portfolio
- Dissertation

- Honours project report
- Oral presentations

12. Programme Structure and Features:

The BSc Honours programme normally lasts 4 years, comprises both compulsory and optional courses, and comprises 480 credits (120 credits each year).

Structure

Course Title	Course Code	Credits	Core	Optional	Semester(s) taught
Year 1:					
Biology-1A	BIOL1001	20	✓		Sem 1
Biology-1B	BIOL1002	20	✓		Sem 2
EITHER Chemistry-1	CHEM1001	40	✓		Sem 1–2
OR Science Fundamentals-1X & -1Y	CHEM1002 CHEM1003	2 x 20			Sem 1–2
other Level-1 course(s)		40		✓	
Year 2:					
Fundamental Topics in Biology 2	BIOL2039	30	✓		Sem 1
Human Biological Sciences 2	BIOL2043	30	✓		Sem 2
Key Skills in Biology 2	BIOL2040	30		✓	Sem 1
other Level-1 or -2 course(s)		30		✓	
Year 3 (Honours):					
Physiology and Sports Science 3A	BIOL4107	60	✓		Sem 1
Physiology and Sports Science 3B	BIOL4108	60	✓		Sem 2
Year 4 (Honours final year):					
Nutrition Advanced Studies	BIOL4269	20	✓		Sem 1–2
One of these project courses: Life Sciences Investigative Honours Project Life Sciences Dissertation Honours Project Life Sciences Outreach Honours Project Life Sciences Internship Honours Project	 BIOL4246P BIOL4247P BIOL4248P BIOL4249P	20	✓		Sem 1–2
4 x Life Sciences Honours options		4 x 20		✓	

Life Sciences Honours Options:

The programme will prescribe a mixture of compulsory, recommended and/or suitable Honours options courses. In addition, the list of available Honours option courses is liable to change each session. The options available in the current session can be found via the University's Course Catalogue (www.gla.ac.uk/coursecatalogue/).

Features:

Students may apply to study abroad during either Year 2 or Year 3; this is subject to approval by the School of Life Sciences.

Years 1 and 2 may be available for part-time study. Years 3 and 4 are normally only available on a full-time basis.

Regulations:

This programme will be governed by the relevant regulations published in the University Calendar. These regulations include the requirements in relation to:

(a) Award of the degree

(b) Progress

(c) Early exit awards

(d) (For undergraduate programmes, where appropriate) Entry to Honours

www.gla.ac.uk/services/senateoffice/policies/calendar/

13. Programme Accredited By:

Not applicable

14. Location(s):

Glasgow

15. College:

College of Medical Veterinary and Life Sciences

16. Lead School/Institute:

Life Sciences [REG20100000]

17. Is this programme collaborative with another institution:

No

18. Awarding Institution(s):

University of Glasgow

19. Teaching Institution(s):

University of Glasgow

20. Language of Instruction:

English

21. Language of Assessment:

English

22. Relevant QAA Subject Benchmark Statements (see Quality Assurance Agency for Higher Education) and Other External or Internal Reference Points:

See QAA Benchmark Statement for Biosciences:
http://www.qaa.ac.uk/academicinfrastructure/benchmark/honours/biosciences.asp

23. Additional Relevant Information (if applicable):

Support for students is provided by the Postgraduate/Undergraduate Adviser(s) of Studies supported by University resources such LEADS (www.gla.ac.uk/myglasgow/leads/), Counselling & Psychological Services

(www.gla.ac.uk/services/counselling/), the Disability Service (www.gla.ac.uk/services/studentdisability/) and the Careers Service (www.gla.ac.uk/services/careers/).

24. Online Learning:

No

25. Date of approval:	24/11/2017