

BSc (Hons) Sports Science and Physical Education (Top-up) - (SC 305)

1. Introduction

The Top-up programme for Sports Science and Physical Education is a 2-year's part-time course, offered by the Department of Health Sciences at the Faculty of Science. This programme is suitable for applicants who hold a Diploma in Sports Science and Recreational Activities or any other equivalent qualifications. Successful completion of this programme will culminate into a BSc (Hons) Sports Science and Physical Education.

2. Rationale

This programme aims at equipping graduates with a sound theoretical and practical knowledge in the area of physical education, sports science and recreational activities. The programme is designed to provide a wide range of skills applicable to Sports and Physical Education.

The programme focuses on the learners' professional development and self-growth through up-to-date knowledge acquisition applicable to sports education environment. Emphasis will be laid on the pedagogical competencies and teaching skills, including coaching, sport organization and management, related to Sports and Physical Education in view of teaching Physical Education as an examinable subject.

3. Programme Objectives

- Enable students to understand how Sports Science and Physical Education can contribute to developing confident and successful learners.
- Study contemporary issues that influence the wider context of Physical Education and Sport in schools and in surrounding communities.
- Develop strategic knowledge and understanding of key policies and developments affecting the provision of physical education and youth school sport for young people.
- Be aware of the nutritional needs, preventive care and rehabilitation of sports-persons.
- Develop appropriate pedagogical skills for physical education.
- Understand the various factors, which influence and enhance physical education related to teaching and learning.
- Gain appropriate knowledge pertaining to research in the field.

4. Programme Requirement

Holders of Diploma in Sports Science and Recreational Activities from the University of Mauritius (UoM) or any other acceptable qualification.

5. Programme Duration – 2 Years Part Time

	Normal	Maximum
Top-up BSc (Hons) Sports Science and Physical Education	4 semesters (2 yrs)	6 semesters (3 yrs)

6. Credits Required for Award of the Degree: 52

7. Assessment

All modules (Theory) will carry 100 marks and will be assessed as follows (unless otherwise specified). Assessment will constitute continuous assessment (consisting of at least one class test unless otherwise specified) and written examination (2 hr duration) for theory.

For a student to pass a module, a minimum of 50% should be attained in both continuous assessment and written examination, with an overall total of a minimum of 50% in that module.

➤ Modules not including a practical component

Continuous assessment for modules not including a practical component may be in the form of assignments and should include at least one class test and will carry a weighting of up to 30% of total marks for the respective modules. Written examinations will carry a weight of 70% of the total marks for the module.

➤ Modules including a practical component

There will be no practical examination. Modules will be assessed on solely continuous assessment, consisting of an oral test and a practical test. Marks for practical test will carry a weight of 70% of the total assessment marks. Pass mark for practical component will be 50%. Students need to pass practical component to clear the module. Marks for the oral test will constitute 30% of the total assessment marks.

➤ Specifications

Module PES 5202 – Practical Training III (Coaching) requires student to choose a specific sports activity. This module will be assessed solely by means of continuous assessment including a practical test, a concise student-prepared logbook and a report in the form of a reflective portfolio, summarising and rating the training techniques used.

Both logbook and report will be signed by the immediate coach or supervisor. These will have to be submitted to the programme coordinator at the end of each semester. Students will need to submit a satisfactory log book (Grade S) and a satisfactory report (Grade S) in order to pass the module. Unsatisfactory reports and unsatisfactory logbooks will be awarded grade U.

8. Professional Training/Placement

Students will have to undergo placement in educational and other relevant institutions during the program of studies. Placement modules are spread out throughout Year 2 as shown below:

Module Name/Code	Number of hours
Placement I/ PES 5104	90
Placement II/ PES 5203	90

Placement will be guided by a learning contract (an agreement about the particular knowledge, skill, or attitudes the student will develop as well as the roles and responsibilities of the student) and workplace skills supervised and assessed by a qualified and experienced Physical Educator/Coach.

The student has to demonstrate that s/he has achieved the learning specified in the learning contract in the form of a concise student-prepared portfolio. Students' progress will be monitored by a supervisor who submits a supervisor's report in the form of an evaluation sheet, summarising and rating the work training and experience based on a list of all coaching techniques used and skills acquired. Both portfolio and report will be signed by the immediate technical supervisor. These will have to be submitted to the professional practice/fieldwork coordinator and to the UoM programme coordinator at the end of each relevant semester.

9. Note: PES 4203 Sports Practical Training I and PES 5103 Sports Practical Training II

Practical, Sports, Games and Recreational training will be grouped as follows:

1. Individual sports (e.g Swimming, Athletics, Table Tennis, Badminton)
2. Team sports (e.g Volleyball, Basketball, Football, handball)
3. Games and Recreational Activities (Minor Gamed, Indigenous Games, Zumba Dance, etc...)

Practical training will be offered as 3 core modules, each bearing 3 credits, over the 2 years program. Students should select two (2) sports activities or games in each group. Practical training will be run depending on the number of entries of students.

10. Grading Structure

This will be as shown below taking into account that the pass mark for all modules is 50%.

Under the GPA, the following letter grades and their grade point equivalent are used:

Letter Grade	Grade Point	Percentage Mark
A+	4.00	$x \geq 80$
A		$70 \leq x < 80$
B	3.00	$60 \leq x < 70$
C	2.00	$50 \leq x < 60$
F	1.00	< 50

11. Classification of Award

The degree classification will be based on the CPA at the end of the programme as follows:

CPA (%)	CLASSIFICATION	
$\geq 70\%$	1 st Class	with Honors
$60 \leq x < 70$	2 nd Class 1 st Division	
$50 \leq x < 60$	2 nd Class 2 nd Division	
< 50	No award	

12. Repeat and Termination of Registration

Registration will be terminated if the CPA of the student remains below 50 at the end of an academic year and if the student has already repeated one year of study.

A student's registration will lapse at the end of the semester in which s/he has successfully completed the minimum requirements for the award of the degree.

A student who repeats a module must submit new assignment(s), take part in the class test and re-write the examinations.

A student will not be allowed to retake a module in which s/he has already achieved a C grade or above.

Students who fail in up to 2 modules, will be allowed to proceed to the following year if their CPA ≥ 50 , and clearing the failed modules with the next cohort of students.

13. List of Modules: BSc (Hons) Physical Education

Code	Module Name	Hrs/Wk	Credits
		L/P	
PES 4101	Applied Sports Science	45	3
PES 4102	Nutrition, Health and Sports	45	3
PES 4103	Sports and Exercise Psychology	30	2
PES 4004Y	Educational Methods and Teaching in Physical Education, Sports and Recreational Activities	60	4
PES 4201	Research Methods for Physical Education, Sports and Recreational Activities	45	3
PES 4202	Management, Organisation and Supervision in Sports and Recreational Activities	45	3
PES 4203	Sports Practical Training I	15/60	3
PES 5101	Inclusive Sports	45	3
PES 5102	Rehabilitation in Exercise, Sports and Physical Education	45	3
PES 5103	Sports Practical Training II (Teaching Ability)	15/60	3
PES 5104	Placement I	0/90	3
PES 5201	Scientific Methods of Training and Coaching in Physical Education and Sports	45	3
PES 5202	Practical Training III (Coaching)	15/60	3
PES 5203	Placement II	0/90	3
PES 5000Y	Research Project		10

L: Lectures, P: Practical

14. Programme Plan

YEAR 1

Semester 1				Semester 2			
Code	Module Name	Hours	Credits	Code	Module Name	Hours	Credits
		L/P				L/P	
PES 4101	Applied Sports Science	45/0	3	PES 4201	Research Methods for Physical Education, Sports and Recreational Activities	45/0	3
PES 4102	Nutrition, Health and Sports	45/0	3	PES 4202	Management, Organisation and Supervision in Sports and Recreational Activities	45/0	3
PES 4103	Sports and Exercise Psychology	30/0	2	PES 4203	Sports Practical Training I	15/60	3
PES 4004Y	Educational Methods and Teaching in Physical Education, Sports and Recreational Activities	60/0	-	PES 4004Y	Educational Methods and Teaching in Physical Education, Sports and Recreational Activities	60/0	4

YEAR 2

Semester 1				Semester 2			
Code	Module Name	Hours	Credits	Code	Module Name	Hours	Credits
		L/P				L/P	
PES 5101	Inclusive Sports	45/0	3	PES 5201	Scientific Methods of Training and Coaching in Physical Education and Sports	45/0	3
PES 5102	Rehabilitation in Exercise, Sports and Physical Education	45/0	3	PES 5202	Practical Training III (Coaching)	15/60	3
PES 5103	Sports Practical Training II (Teaching Ability)	15/60	3				
PES 5104	Placement I	0/90	3	PES 5203	Placement II	0/90	3
PES 5000Y	Project		-	PES 5000Y	Project	-	10

26.06.14