



Report of the Panel of Assessors

Faculty/Department: Business – Tourism & Sport

Date: May 9th 2022

Title of the Programme:

- BSc in Strength and Conditioning, Level 7 180 ECTS
- BSc in Sport and Exercise, Level 7 180 ECTS

Chairperson: Mike Fitzpatrick, (TUS)

Members of the Panel:

- Dr Niamh Ni Cheilleachair, (TUS)
- Dr Ben Fitzpatrick, (UU)
- Karen Guthrie, Donegal Sports Partnership
- Andrew McCollum, (ATU)

Secretary: Dr Simon Stephens

LYIT Staff: Nicola Dunnion, Dr Maria Faulkner, Dr Ken van Someren, Neil Barrett, Karl Lacey, Humphrey Murphy and Martina Sandilands

Criteria for the Approval of a New Programme

1. The Programme Aims and Objectives are clear and consistent with the Award sought.
2. The Programme concept, implementation strategy are well informed and soundly based.
3. The Programme's Access, Transfer and Progression arrangements are satisfactory.
4. The Programme's written curriculum is well structured and fit for purpose.
5. There are sufficient qualified and capable programme staff.
6. There are sufficient physical resources to implement the programme as planned.
7. The learning environment is consistent with the needs of the programme learners.
8. There are sound Teaching, Learning and Assessment Strategies.
9. Learners enrolled on the Programme will be well informed, guided and cared for.

For the attention of Academic Council

The Panel approve both programmes.

The Panel of Assessors advises Academic Council that ATU and the Faculty/Department should take cognisance of following:

Commendations

The panel commend ATU Donegal and the programme team for:

1. Their positive engagement with the panel during the review day.
2. The high level of both Academic and Applied Knowledge among the programme team.
3. The quality and presentation of the programme documentation.
4. Inclusion of novel and timely modules in “*Athlete Evaluation & Load Monitoring*” and “*Athletic Development – Special Populations*”

Recommendations

BSc in Strength and Conditioning, Level 8 240 ECTS

1. Add Research Ethics to the Research Methods module.
2. Provide an overview of the Induction Process for these (p/t, off-campus) students.
3. Provide details of the demographics relating to the survey of stakeholders. Consider gender balance in future stakeholder engagement.
4. Change the assessment of the Research Project to a 3,000 word paper (either Systematic Review or Data Driven) and a presentation. Please re-write the MLOs to reflect the change to Assessment.
5. Review of “*Anatomy & Physiology*” module to reduce the volume of content for delivery. Change the module title to specify for Strength & Conditioning
6. Specify the number of tutorial hours per module.
7. In the “*Foundations of Nutrition*” module clarify the role of Technology in relation to the “practical elements.”
8. Provide details of the software and technology solutions used across the modules in the programme document.
9. Consider changing “*Special*” to “*Specific*” in relation to populations.
10. Add a link to the work placement handbook to the Programme document.
11. Add additional content on “preparing for the world of work” into the “*Professional Development*” module.
12. Add details on how the external provision of accredited First Aid training is delivered.
13. Embed “data management” and “statistical analysis” skills throughout the programme. This should be evident in MLOs.

Response to Recommendations from the Department of Tourism and Sport

1. Add Research Ethics to the Research Methods module.

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- Amendments made on Pg. 101
2. Provide an overview of the Induction Process for these (p/t, off-campus) students.
 - Further elaboration has now been provided in the programme document with additional information insert regarding induction process, teaching online etc – please reference Page 109 – 112. The programme team engaged in a conversation with the panel on this topic, and detail now in the programme book reflects this discussion.
 3. Provide details of the demographics relating to the survey of stakeholders. Consider gender balance in future stakeholder engagement.
 - Amendments made on Pg. 19
 4. Change the assessment of the Research Project to a 3,000 word paper (either Systematic Review or Data Driven) and a presentation. Please re-write the MLOs to reflect the change to Assessment.
 - Amendments made on Pg. 105 & Pg. 120
 5. Review of “*Anatomy & Physiology*” module to reduce the volume of content for delivery. Change the module title to specify for Strength & Conditioning
 - Amendments made on Pg. 29 & Pg. 41
 6. Specify the number of tutorial hours per module.
 - Amendments have been made in programme book in this regard e.g. Pg. 24 & Pg. 25
 7. In the “*Foundations of Nutrition*” module clarify the role of Technology in relation to the “practical elements.”
 - Amendments made on Pg. 55
 8. Provide details of the software and technology solutions used across the modules in the programme document.
 - This has now been included on Page: 126
 9. Consider changing “*Special*” to “Specific” in relation to populations.
 - Amendments made on Pg. 32 & Pg. 73
 10. Add a link to the work placement handbook to the Programme document.
 - This has now been included in the appendix
 11. Add additional content on “preparing for the world of work” into the “*Professional Development*” module.
 - Amendments made on Pg. 76
 12. Add details on how the external provision of accredited First Aid training is delivered.
 - Amendments made on Pg. 33 & Pg. 79
 13. Embed “data management” and “statistical analysis” skills throughout the programme. This should be evident in MLOs.
 - Data collection, assessment and interpretation and/or statistical analysis highlighted in the MLO’s on Pg. 29, 31, 32, 33, 34, 35, 36

BSc in Sport and Exercise, Level 7 180 ECTS

1. Pursue the development of further Postgraduate opportunities, both across the ATU and with cross-border partners.
2. Review the Assessment matrices to reduce the workload per semester. Consider setting a maximum number of assessments per semester (i.e. 10/12).
3. Continue to promote an ethos of volunteering within the programme to support future career opportunities.
4. Consider offering opportunities for a short “*Work Placement*” opportunity in Year 2.
5. Add additional clarity (161-166) on the assessment of the Placement (the role of the employer and the academic mentor).

Response to Recommendations from the Department of Tourism and Sport

- Pursue the development of further Postgraduate opportunities, both across the ATU and with cross-border partners.
 - Programme team will review and consider the panels feedback on further postgraduate opportunities
- Review the Assessment matrices to reduce the workload per semester. Consider setting a maximum number of assessments per semester (i.e. 10/12).
 - Programme team will consider this at the next programme board when reviewing the assessment strategy, and consider a maximum number of assessments per semester
- Continue to promote an ethos of volunteering within the programme to support future career opportunities.
 - Programme team will continue promoting this concept, which also came through in the industry analysis
- Consider offering opportunities for a short “*Work Placement*” opportunity in Year 2.
 - Currently there is no provision for a work placement opportunity in Year 2, but programme team will consider where possible as much practical experience as possible e.g. this is done in the personal training module.
- Add additional clarity (161-166) on the assessment of the Placement (the role of the employer and the academic mentor).
- This has been provided on Page 163, where a break-down has been provided of how the Academic Mentor evaluates the Learner's performance in this module based on different weightings. A weighting of 10% has been outlined for the Business Mentor/Academic Mentor Evaluation (discussion and report). Also Page 158-159 outlines the role of the academic mentor and the role of the business mentor.

Conditions

N/A

PROPOSED PROGRAMME SCHEDULE(S) please attach final schedule to bottom of the report.

BSc in Strength and Conditioning, Level 8 240 ECTS

Semester	Module Title	Subject status	ECTS		Total Contact hours				Allocation of marks (%)		
			Level	Number	Lecture (Online)	Tutorial	Lab/Studio/Practical	Independent	Coursework	Final Exam	Total
Stage 1 Certificate in Personal Training											
SEMESTER 1											
1	Anatomy & Physiology for Performance	M	6	10	18	18	-	214	100	-	100
1	Principles of Exercise, Fitness & Health	M	6	10	24	-	12	214	100	-	100
1	Resistance Training	M	6	10	24	-	12	214	100	-	100
SEMESTER 2											
2	Personal Fitness Training	M	6	10	24	-	12	214	100	-	100
2	Programme Design & Prescription	M	6	10	24	-	12	214	100	-	100
2	Foundations of Nutrition	M	6	10	12	24	-	214	100	-	100
Stage 2 Higher Certificate in Strength & Conditioning											
SEMESTER 3											
3	Coaching Science	M	6	10	24	-	12	214	100	-	100
3	Biomechanics of Movement	M	6	10	24	-	12	214	100	-	100
3	Sports & Exercise Physiology	M	6	10	24	-	12	214	100	-	100
SEMESTER 4											
4	Athlete Evaluation & Load Monitoring	M	6	10	24	-	12	214	100	-	100
4	Speed & Agility Development	M	6	10	24	-	12	214	100	-	100
4	Athletic Development – Special Populations	M	6	10	24	-	12	214	100	-	100

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Stage 3 BSc (Hons) in Applied Strength & Conditioning											
SEMESTER 5											
5	Professional Development – Reflective Practice	M	7	5	18	-	-	107	100	-	100
5	Work Based Learning (Placement)	M	7	25	Meetings/ Placement			213	100	-	100
SEMESTER 6											
6	Sports Periodisation	M	7	10	18	18	-	214	100	-	100
6	Endurance Development	M	7	10	24	-	12	214	100	-	100
6	Applied Sports Psychology	M	7	10	24	-	12	214	100	-	100
Stage 4 BSc (Hons) Applied Strength & Conditioning											
SEMESTER 7											
7	Youth Strength & Conditioning* (WI L1)	M	8	10	24	-	12	214	100	-	100
7	Sports Nutrition Practice	M	8	10	18	18	-	214	100	-	100
7	Sports Injury Prevention & Rehabilitation	M	8	10	24	-	12	214	100	-	100
SEMESTER 8											
8	Research Methods	M	8	5	18	-	-	107	100	-	100
8	Project	M	8	25	Meetings/ Placement			213	100	-	100

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BSc in Sport and Exercise, Level 7 180 ECTS

Semester	Module Title	Subject Status	ECTS		Total Contact Hours					Allocation of Marks %		
			Level	Number	Lecture	Tutorial	Lab/Studio/ Practical	Independent Learning	Total	Coursework	Final Exam	Total
SEMESTER 1												
1	Sports Study Skills 1	M	6	5	1	-	2	5	8	100	-	100
1	Introduction to Anatomy & Physiology 1	M	6	5	2	1	-	5	8	100	-	100
1	Health Related Physical Activity	M	6	10	4	-	2	11	17	100	-	100
1	Sports Coaching Practice	M	6	5	1	-	2	5	8	100	-	100
1	Sports Leisure and Society	M	6	5	3	-	-	5	8	60	40	100
SEMESTER 2												
2	Exercise Prescription & Programme Design	M	6	10	4	-	2	11	17	100	-	100
2	Sports Coaching Leadership	M	6	10	4	-	2	11	17	100	-	100

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2	Introduction to Anatomy and Physiology 2	M	6	5	2	1	-	5	8	100	-	100
2	Sports Study Skills 2	M	6	5	1	-	2	5	8	100	-	100
SEMESTER 3												
3	Biomechanics & Movement Analysis	M	6	10	2	-	3	12	17	100	-	100
3	Sports & Leisure Frameworks	M	6	10	4	1	-	12	17	100	-	100
3	Sports and Exercise Nutrition	M	6	10	3	2	-	12	17	100	-	100
SEMESTER 4												
4	Performance Analysis and Technology in Sport	M	6	10	3	-	2	12	17	100	-	100
4	Sports and Exercise Physiology	M	6	10	2	1	2	12	17	100	-	100
4	Foundation of Strength and Conditioning	M	6	10	3	-	2	12	17	50	50	100
SEMESTER 5												
5	Introduction to Sports Psychology	M	7	5	3	-	-	5	8	100	-	100
5	Developing as a Sports Practitioner/ Physical Educator	M	7	5	2	1	-	5	8	100	-	100
5	Health Promotion & Wellbeing	M	7	10	3	2	-	12	17	100		100
5	Personal Fitness Instruction	E1	7	10	2	-	3	12	17	100	-	100
5	Movement Studies: Gym & Dance	E2	7	10	1	-	4	12	17	100	-	100
	Learners taking Performance stream choose E1/ Learners taking Physical Education stream choose E2											
SEMESTER 6												
6	Work Placement	E1	7	30	1	-	-	50	51	100	-	100
6	Erasmus Placement	E2	7	30	1	-	-	50	51	100	-	100

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Programme Evaluation Report Approved by:

Mike Fitzpatrick

Chair to Panel

(Dean Limerick School of Art and Design, TUS

Dr Billy Bennett

(VP for Academic Affairs and Registrar, ATU Donegal

Date _____

Date _____