



**Arrangements for:
Higher National Diploma
Applied Sports Science
Group Award Code: G97C 16**

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Acknowledgement

SQA acknowledges the valuable contribution that Scotland's colleges have made to the development of Higher National qualifications.

History of changes

It is anticipated that changes will take place during the life of the qualification, and this section will record these changes. This document is the latest version and incorporates the changes summarised below.

Version number	Description	Date
08	Additional Unit: J1NC 34 Research Skills has been added to the optional section	15/10/20
07	Revision of Units: H4TD 34 Flexibility Training has been replaced by J420 34 and will finish on 31/07/2024. F50B 35 Nutrition for Sports Performance has been replaced by J42B 35 and will finish on 31/07/2024.	06/03/20
06	Revision of Unit: Revision of DV0M 34 Work Experience has been replaced by HJ4W 34 Work Placement and will finish on 31/07/2019	29/03/17
05	Framework amended to include the following Units: FW5Y34 First aid for sport and fitness H1S234 Working effectively and safely with clients H4T934 Exercise and Fitness: Health and Safety Management	09/07/15
04	Revision of Unit: DE1K 33 Workplace Communication in English has been revised by H8T2 33 and finishes on 31/07/2016.	17/03/15
03	Revision of Unit: DW61 35 Exercise for Pre and Post-Natal Clients has been revised by H4TA 35 DW60 34 Exercise Physiology and Anatomy has been revised by H4TB 34 DP8E 34 Exercise Principles and Programming has been revised by H4TC 34 DP2F 34 Stretch Training has been revised by H4TD 34 Flexibility Training DP2L 34 Health Screening has been revised by H4TE 34 DT4W 34 Nutrition for Fitness, Health and Exercise has been revised by H4TF 34 DP2D 34 Physical Activity for Children has been revised by H4TG 34 DW63 34 Plan Teach and Evaluate a Group Exercise with music has been revised by H4TJ 34 F9T6 34 Plan, Teach and Evaluate a Gym Based has been revised by H4TK 34 DW66 34 Plan, Teach and Evaluate a Physical Activity Programme to Meet the Needs of Older Adults has been revised by H4TL 35 DP2J 34 Swimming Pool Lifeguard: Skills and Practice has been revised by H4TM 34 DW69 34 Fitness, Health and Exercise: Graded Unit 1 has been revised by H4VL 34 Each of the old units will finish on 31/07/2015.	11/09/13
02	Change to Code: Plan, Teach and Evaluate a Gym Based Exercise Session from DW62 34 (finished) to F9T6 34*. Added to framework: Cells and the Human Environment H1LJ 34*. Sports Science: Microbiology and Immunology H1LG 34*. Biological	01/11/12

	Basis of Inheritance H1LH 34*.	
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1 Introduction

This is the Arrangement Document for the new Group Award HND Applied Sports Science, which was validated in September 2008. This document includes: background information on the development of the Group Award, its aims, guidance on access, details of the Group Award structure, and guidance on delivery.

This new HND in Applied Sport and Exercise Science is designed to equip candidates with the knowledge, understanding and skills required for success in current and future employment or for progression to further academic and/or professional qualifications. This new award replaces the HND Sport and Exercise Science award.

2 Rationale for the development of the award

2.1 Background and rationale

HNC/HNDs in Sport and Exercise Science were first introduced in 1995. These awards were designed to enable candidates to develop the practical competences required to work with athletes performing at elite levels and with recreational exercisers embracing a healthier lifestyle.

In 1999 a *Scottish Institute of Sport* hub was formed which embraces regional institutes promoting and supporting the development of Scottish athletes in a range of competitive sports. There has also been an expansion in integrated health and fitness clubs within hotels and workplaces, and in the provision of services such as coaching, sports science, sports medicine, physical conditioning and lifestyle advice. These developments along with the Government's policy for Health Living, the forthcoming London 2012 Olympic Games and the Commonwealth Games in Glasgow in 2014 require suitably qualified practitioners to support these initiatives at local and national level. This new HND will provide candidates with an appropriate mix of knowledge, understanding and practical skills to pursue a career in the field of applied sports science in a variety of settings or to progress to Higher Education.

2.2 Market research, consultation and development process

Market research and consultation was carried out with candidates of the predecessor award, employers, delivering centres and higher education institutions. The consultation details are summarised in the following table.

Stakeholder	Method of consultation
Employers	Questionnaire
Higher Education Institutions	Questionnaire
Centres	Initial meeting of all presenting centres held to discuss possible review of qualifications
Candidates	Questionnaires given to centres to distribute to present and former candidates
Sector Skills Council (Skills Active)	Questionnaire

Feedback from consultation:

- ◆ Employers confirmed that the skills contained in the award were relevant to progressing within the industry
- ◆ Candidates suggested that a more applied, ‘hands on’ approach would be beneficial in the new course
- ◆ Candidates acknowledged that the depth of knowledge within the course was beneficial to their development
- ◆ HE institutions agreed that the HND is relevant but did make suggestions for more research experience

All of the stakeholders agreed that:

- ◆ candidates would be learning appropriate skills
- ◆ the award would prepare the candidates for work and/or further study
- ◆ proposed course content would help employees to progress in their jobs or prepare the candidates for further study

The majority of stakeholders agreed that:

- ◆ the award would meet the needs of those candidates on part-time study, by providing Continuing Professional Development (CPD) opportunities.
- ◆ the award would meet the needs of candidates who wished to develop ‘hands on’ practical skills

The information gained from the consultation process to confirm the title, rationale, aims and content of the Group Award.

3 Aims of the award

The award is designed to meet the needs of employers/candidates in a range of organisations. It will provide candidates with a theoretical background across the main disciplines of sport and exercise sciences and ‘hands-on’ practical expertise in applying a range of sport and exercise science skills.

3.1 General aims of the award

The general aims of the HND Applied Sports Science are to:

- 1 Develop knowledge and skills such as planning, analysis and synthesising.
- 2 Develop employment skills related to the National Occupational Standards or other professional body requirements and so enhance employment prospects.
- 3 Develop transferable skills, including Core Skills, to the levels demanded by employers and/or progression in higher education.

3.2 Specific aims of the award

The specific aims of the HND Applied Sports Science are to:

- 1 Provide advanced practical and theoretical knowledge which will enable the candidate to work with clients in a range of sports science settings with minimum guidance and support.
- 2 Develop on previously acquired transferable skills and develop transferable competences identified in the HNC Fitness Health and Exercise award. Meet the demand from industry in which Core Skills are supplemented by more.
- 3 Specialist competences identified relating to applied functions within the health and fitness industry.
- 4 Offer the opportunity for progression within the SCQF to undergraduate degree level study.
- 5 Develop key skills for employability by providing the competences required by many other types of employers across the range of employment situations, including full-time, part-time or freelance work.
- 6 Develop study and research skills which will allow candidates to successfully perform on HE courses.
- 7 Prepare candidates for entry to a range of positions in sports clubs, local authority sports facilities or self employment as sport support personnel on the national and international fronts.

3.3 Target groups

The HND Applied Sports Science award is suitable for a wide range of candidates including:

- ◆ School leavers interested in the practical application of sports science
- ◆ Candidates studying related subject areas such as fitness, exercise or sports coaching
- ◆ Adult returners to education
- ◆ Candidates in employment who wish to enhance their career prospects through CPD
- ◆ People changing direction/seeking a career change
- ◆ Part-time candidates wishing to broaden their skills and knowledge
- ◆ Candidates who wish to progress academically but who do not currently meet HE entry requirements
- ◆ Candidates with an HNC Fitness, Health and Exercise award
- ◆ Athletes and sports officiators/volunteers wishing to capitalise on their performance experience and provide themselves with knowledge, skills and qualifications to allow them to continue within sport post performance/competition

3.4 Employment opportunities

Candidates completing this award may find employment opportunities within:

- ◆ the national governing body for sport or national sporting organisations
- ◆ local councils promoting health and exercise agendas
- ◆ commercial sporting or fitness organisations

Candidates may also consider self-employment options.

4 Access to awards

As with all SQA qualifications, access to the award will be at the discretion of the centre. All prospective candidates must be treated fairly in regard to access, based upon the philosophy that entry is open to anyone who can show through formal qualifications, credible experience or otherwise a reasonable potential for success.

Prospective candidates should have an active interest in sport and/or exercise in terms of participation, coaching or teaching. Candidates will be informed that a Scottish Criminal Records Office (SCRO) check will take place, prior to commencement of the award, as they will be expected to work with young children or at risk adults during the delivery of the award.

The following recommendations are for guidance only. They are not exhaustive or mutually exclusive and may be considered in a variety of combinations.

4.1 Formal qualifications

- ◆ SQA National Units and courses in relevant areas at Intermediate 2 and Higher level
- or
- ◆ SQA Project Based National Courses at Intermediate 2 or Higher level in Fitness, Coaching, Leading Sport or Sports Organisation or other relevant awards
- or
- ◆ GCE 'A' level in relevant subjects and other relevant GCE awards

4.2 Entry to Year 2 HND

To achieve the HND Applied Sports Science candidates must gain 30 SQA credits. The first year of this HND is based on the HNC Fitness, Health and Exercise award. Full-time candidates should be encouraged to achieve 15 credits in each year of the award. Wider access should be provided to cater for the needs of those, who have achieved the HNC at day release or evening classes or in other colleges. Candidates would be expected to have a minimum of 12 credits on entry to year 2 and these would include the HNC Fitness, Health and Exercise mandatory Units. Candidates progressing to the second year of the HND Applied Sports Science course should be advised to take the following optional Units:

Unit code	Unit title
DW63 34	Plan, Teach and Evaluate a Group Exercise with Music Session
OR	
DW62 34	Plan, Teach and Evaluate a Gym Based Exercise Session
F505 34	Supporting Talented Sports Performers
F4S9 35	Psychology of Exercise
DD2T 35	Sports Mechanics

4.3 Core Skills

Details of the recommended Core Skills entry profile are given in the table below:

Core Skill	SCQF Entry level
Communication	5
Information Technology	5
Numeracy	5
Problem Solving	5
Working with Others	5

4.4 Work experience

Candidates with suitable relevant work experience may be accepted for entry provided the enrolling centre believes that the candidate is likely to benefit from undertaking the award.

4.5 Accreditation of prior Learning

Formal entry qualifications may be reinterpreted in the context of current work being undertaken in the accreditation of prior and experiential learning.

4.6 English as an additional language

For candidates where English is not their first language it is recommended that they possess English for Speakers of Other Languages (ESOL) level 5 or a score of 5.5 in International English Language Testing System (IELTS).

5 Award structure

The HND Allied Sports Science is designed in accordance with SQA's design principles for HN Awards, ie HNDs shall be designed to be at SCQF level 8 and shall comprise 240 SCQF credit points with at least 64 SCQF credit points at SCQF level 8. This should include a mandatory section of at least 96 SCQF credit points and include one Graded Unit of 8 SCQF credit points at SCQF level 7, plus 16 SCQF credit points of Graded Unit(s) at SCQF level 8.

To attain the HND, candidates must achieve 30 HN credits — 23 mandatory credits plus seven optional credits.

5.1 Framework

Mandatory Units

Unit title	Code	SCQF credit points	SCQF level	SQA credit value
Exercise Physiology and Anatomy*	H4TB 34	16	7	2
Exercise Principles and Programming*	H4TC 34	16	7	2
Nutrition for Fitness, Health and Exercise*	H4TF 34	8	7	1
Health Screening*	H4TE 34	4	7	0.5
First Aid for Sport or First Aid for Sport and Fitness	DD30 34 FW5Y 34	4 4	7 7	0.5 0.5
Health and Safety Legislation: An Introduction	DF87 34	8	7	1
Exercise and Fitness: Health and Safety Management	H4T9 34	4	7	0.5
Work Effectively and Safely with Clients	H1S2 34	4	7	0.5
Supporting Talented Sports Performers	F505 34	8	7	1
Psychology of Exercise	F4S9 35	8	8	1
Sports Mechanics	DD2T 35	8	8	1
Fitness, Health and Exercise: Graded Unit 1*	H4VL 34	8	7	1
Physiological Responses to Exercise	F4SA 35	16	8	2
Psychological Skills Training	F509 35	8	8	1
Nutrition for Sports Performance	J42B 35*	8	8	1
Strength and Conditioning	F4SC 35	16	8	2
Qualitative Biomechanical Analysis	F4SB 35	16	8	2
Measuring Fitness in Exercise and Sport	F50A 35	8	8	1
Skill Acquisition in Sport and Exercise	F5DL 34	8	8	1
Applied Sports Science: Graded Unit 2	F5GL 35	16	8	2
TOTAL		184		23
Optional Units Group 1 — 2 HN credits required				
Plan, Teach and Evaluate a Group Exercise with Music Session*	H4TJ 34	16	7	2
Plan, Teach and Evaluate a Gym Based Exercise Session*	F9T6 34	16	7	2

Unit title	Code	SCQF credit points	SCQF level	SQA credit value
Optional Units Group 2 — 5 HN credits required				
Workplace Communication in English	H8T2 33*	8	6	1
Research and Methodology	F1BS 34	8	7	1
Research Skills	J1NC 34*	8	7	1
Body Massage	DN6C 33	16	6	2
Using Software Application Packages	D85F 34	8	7	1
Swimming Pool Lifeguard: Skills and Practice*	H4TM 34	8	7	1
Swimming Teachers: An Introduction	DP2G 34	8	7	1
Plan, Teach and Evaluate a Water Based Exercise Session	DW5V 34	16	7	2
Flexibility Training*	J420 34*	4	7	0.5
Physical Activity for Children*	H4TG 34	8	7	1
Personal Development Planning	DE3R 34	8	7	1
Plan, Teach and Evaluate a Physical Activity Programme to Meet the Needs of Older Adults	H4TL 35	16	7	2
Work Placement	HJ4W 34*	8	7	1
Managing Stress through Exercise and Therapy	DP2M 35	12	8	1.5
Exercise for Pre and Post-natal Clients*	H4TA 35	12	8	1.5
Working as an Exercise and Fitness Professional in Europe	DP2K 35	16	8	2
Assisting Sports for Disability	DD2H 35	8	8	1
Fundamental Chemistry: An Introduction	DX29 33	8	6	1
Biochemistry: Theory and Practice	DH2J 34	8	7	1
Cells and the human Environment	H1LJ 34*	8	7	1
Sports Science: Microbiology and Immunology	H1LG 34*	8	7	1
Biological Basis of Inheritance	H1LH 34*	8	7	1

*Refer to History of Changes for revision changes.

5.1.1 Graded Units

The purpose of the Graded Units is to assess the candidate's ability to integrate and apply the knowledge and/or skills gained in the individual Units to demonstrate that they have achieved the principal aims of the Group Award and to grade the candidate's achievement. The Graded Units will be assessed and a grade of A, B or C will be awarded to each of the Graded Units.

Candidates will undertake a one credit HN Graded Unit (8 SCQF credit points) at level 7 in the first year of the award and a two credit HN Graded Unit (16 SCQF credit points) at level 8 in the second year.

Graded Unit 1

This Unit will be project based and will take the form of an investigation. It will cover a range of skills achieved through studying the mandatory Units of the award.

Graded Unit 2

This Unit will be project based and will take the form of a practical assignment. This type of Graded Unit will ensure that both the practical elements and the underpinning knowledge aspects are integrated. Candidates will plan, implement and evaluate a Sports Science Support Plan. The four main strands of sports science (physiology, nutrition, psychology and biomechanics) will be used and applied while working with a small group of individuals to assist them in achieving exercise, sport or fitness objectives.

5.1.2 Core Skills

The recommended Core Skills entry and exit profiles for the Group Award are detailed below:

Core Skills	Entry SCQF level Yr1 HND Applied Sports Science	Exit SCQF level Yr1 HND Applied Sports Science	Exit SCQF level Yr2 HND Applied Sports Science
Communication	5	6	6
Information Technology	5	6	6
Numeracy	5	5	6
Problem Solving	5	6	6
Working with Others	5	6	6

All practical learning and teaching activities within the award provide a context for developing and enhancing the five Core Skills to a significant level. A Core Skills signposting guide is given in Appendix 2 which shows where each of the Core Skills may be developed or is embedded within specific Units.

5.2 Mapping information

Appendix 1 contains details of how the Units map to the aims of the award.

5.2.1 National Occupational Standards

The National Occupational Standards relating to this vocational area have been mapped to the Units within the award. Further details are given in Appendix 3.

5.3 Articulation, professional recognition and credit transfer

5.3.1 Articulation

HE institutions which accepted the predecessor HNC/D Sport and Exercise Science graduates included:

HEI	Course and entry Point
University of Glasgow	BSc Physiology and Sports Science Year 2 entry
Queen Margaret University College, Edinburgh	Selection of BSc degree programmes in Health Sciences Year 2 entry
Napier University, Edinburgh	BSc Sport and Exercise Science Year 3 entry
University of Abertay, Dundee	BSc Health and Sports Studies Year 3 entry

Other common routes of articulation for successful candidates from the previous award include:

HEI	Course and entry Point
University of Stirling	BA Sports Studies (Single Honours) BSc Sport and Exercise Science (Combined Honours — Biology and Sport Studies) Year 2 entry with a merit profile
University of Paisley	BSc Fitness and Health Year 3 entry (only on a case by case basis depending on the candidate profile)
University of Edinburgh	BSc Applied Sports Science Year 2 entry (only on a case by case basis depending on the candidate profile)
University of Strathclyde	BSc Sports and Exercise Science Year 1 or 2 entry (only on a case by case basis depending on the candidate profile)

Candidates are advised to liaise directly with the HE establishments prior to each year's intake of candidates as Unit credits that count towards entry requirements can vary.

The HND Applied Sports Science framework also has common Units with other HN qualifications HN Fitness, Health and Exercise, HN Sports Coaching, with sports Development an HN Sports Therapy.

5.3.2 Credit transfer

Candidates may be given credit transfer between the predecessor Units and the revised HN Units. Credit transfer can be given where there is broad equivalence between the subject related content of the Unit or combination of Units.

Candidates wishing to transfer from an HNC or first part of an HND developed under the 1988 design rules into an HND validated using the 2003 design principles in the same subject area need only achieve (within the 240 SCQF credit points required for the revised HND) Graded Units of 16 SCQF credit points at SCQF level 8 (instead of Graded Units of 8 SCQF credit points at SCQF level 7 and 16 SCQF credit points at SCQF level 8). Candidates are still required to meet the conditions of the new HND Applied Sports Science award by achieving:

- ◆ the mandatory Units (either by credit transfer or normal study)
- ◆ a Graded Unit or Graded Units of 16 SCQF credit points at SCQF level 8
- ◆ the correct number of credits at the correct SCQF level
- ◆ development of the Core Skills required by the end-users of the Group Award

Details of credit transfer arrangements are given in Appendix 4.

6 Approaches to delivery and assessment

It is recommended that all Units be delivered in the context of Fitness Health and Exercise and Applied Sports Science.

A holistic approach should be implemented in the delivery and assessment of the practical Units. The overall assessment strategy, under the HN design principles, encourages a more holistic approach to assessment. The HN Unit specification places the emphasis on assessing the whole Outcome or a combination of Outcomes. The assessment burden for both candidates and centres may be reduced as the new Unit specification allows the use of ‘sampling’ of knowledge and/or skills in some assessments.

Centres are encouraged to identify opportunities for integration of assessments across Units and this approach has been adopted in the HND Applied Sports Science award.

All of the Units listed may be delivered as stand-alone qualifications. Alternatively, they may be included in a variety of Group Awards as mandatory or optional Units. However, where they are delivered within a specified framework, ie the HND Applied Sports Science, they constitute a coherent, attractive and very relevant programme designed as ‘fit for purpose’ to equip candidates with the knowledge and/or skills needed for today’s working environment. Individual Units contain advice regarding the knowledge and skills a candidate may require prior to undertaking the Unit in order to benefit from the Unit. This information may influence a centre regarding the order of delivery of Units and the timing of the Graded Unit assessments.

6.1 Mode of delivery

The structure of the Group Award allows for a high degree of flexibility in the delivery modes.

The award can be offered on a full-time standard, full-time fast track, day release, evening and by flexible learning mode. In addition, it is also possible (and became increasingly popular within the predecessor awards) to offer the award using a combination of modes. Such combination of study modes may enable candidates to complete the awards within a shorter time period. In addition, it is also possible for centres to offer individual Units on an open learning or e-learning basis especially if there is the possibility of home based study of more factual based information.

Information regarding open/flexible learning delivery is contained within each Unit specification. Due to the practical nature of some Units it may be difficult to deliver these outwith centres. It is the responsibility of centres to ensure the authentication of a candidate's work if assessment is not undertaken within the Centre.

6.2 Sequence of delivery

The delivery and assessment of the award is at the discretion of centres, the table below gives a suggested delivery schedule for both years of the award. This is based on a 3-block academic session.

HND Applied Sports Science — Year 1

Block 1	Block 2	Block 3
Exercise Physiology and Anatomy* (2.0)		Nutrition for Fitness Health and Exercise* (1.0)
Exercise Principles and Programming* (2.0)		Fitness, Health and Exercise: Graded Unit 1* (1.0)
Health Screening* (0.5) First Aid* (0.5)	Health and Safety Legislation: An Introduction*(1.0)	Sports Mechanics (1.0)
Personal Development Planning (1.0) <i>(option — others available)</i>	Physical Activity for Children (1.0) <i>(option — others available)</i>	Psychology of Exercise (1.0)
Plan, Teach and Evaluate a Gym Based Exercise Session (2.0)		Supporting Talented Sports Performers (1.0)
Total — 5 credits	Total — 5 credits	Total — 5 credits

- * Permits 12 HNC Fitness, Health and Exercise credits to enable candidates to exit with HNC Group Award

HND Applied Sports Science — Year 2

Block 1	Block 2	Block 3
Physiological Responses to Exercise* (2.0)		Measuring Fitness In Exercise and Sport* (1.0)
Psychological Skills Training* (1.0)	Option (1.0)	Skills Acquisition and Performance* (1.0)
Nutrition for Sports Performance* (1.0)	Qualitative Biomechanical Analysis* (2.0)	
Research and Methodology (1) — (option)	Applied Sports Science: Graded Unit 2* (2.0)	
Strength and Conditioning* (2.0)		Options — ONE of the following: Work Experience (1.0) Exercise Prescription for Specific Groups (1.0) etc
Total — 5.0 credits	Total —5.0 credits	Total —5.0 credits

* indicates a core Unit

6.3 Guidance on Graded Units and timing of delivery

In assessing the Graded Units for this award, centres are encouraged to set the parameters for the Graded Unit delivery and assessment from the outset. The Conditions of Assessment section in the Graded Unit specification gives additional guidance.

Individual Units contain advice regarding the knowledge and skills a candidate may require in order to benefit from undertaking that Unit. This may influence a centre regarding the order of delivery of Units and the timing of the Graded Unit(s). These Units brings together many of the competencies gained by the candidate while undertaking the individual mandatory Units. It is also designed to reflect the award title, ie as the Graded Units draw heavily upon the skills gained within other Units, it is recommended that delivery takes place after some or most of the supporting Units have been completed. Centres will manage this at their discretion.

6.4 Assessment integration opportunities

The following table identifies some possible integration opportunities in the delivery and assessment of Units.

Unit title	Integration opportunity
Skill Acquisition and Performance/ Strength and Conditioning	Skills to be focused on may be covered in the practical side of Strength and Conditioning
Strength and Conditioning/Qualitative Biomechanical Analysis	Biomechanical principles can be applied and assessed through Strength and Conditioning exercises
Psychological Skills Training/Skill Acquisition and Performance	Psychological skills including imagery/visualisation can be used to assist in successful Skill Acquisition
Physiological Responses to Exercise/Measuring Fitness in Exercise and Sport	Changes in response to exercise during different conditions and pre/post training can be assessed through Measuring Fitness in Exercise and Sport

6.5 Re-assessment

Centres may manage re-assessment of candidates in different ways. This will be subject to internal and external verification procedures to test its robustness. Centres should ensure that the assessment process is as holistic as possible and that assessors are able to effectively judge candidates' performance in the Outcome or Unit as a whole. It may not always be possible to re-assess only those parts of the performance in which candidates have not satisfactorily demonstrated competence. Scenarios where candidates may require to re-do the whole assessment include:

- ◆ assessments which test knowledge and other cognitive skills and where it may not be possible to extract some of the items for re-assessment
- ◆ where parts of several Outcomes are involved
- ◆ where a project has been designed as an integrated assessment and where there is a requirement to complete the project as a single complex task.

Candidates may require to do only part of an assessment, where their evidence has been generated over a period of time and/or a discrete part of the Unit, such as an Outcome, has been assessed originally.

It is recommended that candidates be allowed one, or in exceptional circumstances two, re-assessment opportunities. Please refer to SQA's Guide to Assessment and Quality Assurance for Colleges of Further Education, for details. (www.sqa.org.uk)

6.6 Core Skills development

The development of all five Core Skills are important. *Communication* (especially Oral Skills), *Problem Solving* and *Working with Others* are recognised as the key skill areas required of candidates employed in this sector. The HND Applied Sports Science framework supports and develops Core Skills.

A Core Skills signposting guide specific areas which offer opportunities for Core Skills development to the proposed exit level, primarily in the mandatory Units of the Group Award, can be found in Appendix 2 although further enhancement of skills will occur in the wide range of optional Units which will be selected to meet the professional needs of candidates.

All practical learning and teaching activities within the course provide a context for developing and enhancing the five Core Skills to a significant level beyond those recommended at entry. The practical assignment based Graded Unit, by its very design, also provides opportunities to develop the *Problem Solving* component of Planning and Organising; *Communication* — in particular written and oral communication skills; and *Working with Others* scenarios.

6.7 Risk management

A number of Units within the award refer to risk management. Centres should ensure that risk assessments are carried out when required.

6.8 Guidance on Disclosure Scotland

Colleges and/or employers should ensure that candidates have undertaken an Enhanced Disclosure procedure prior to undertaking work in a sports environment where they will come into contact with children and vulnerable adults.

6.9 Staff training and resources

It is the responsibility of each centre to ensure that current SQA requirements are met regarding the competence of assessors. Centres should ensure that staff hold appropriate qualifications to deliver and/or assess Units which have a high technical demand and/or risk factor. This would be particularly significant where ‘speciality’ Units are delivered — such as First Aid or water-based Units. There may be legal requirements in addition to a recognised teaching/lecturing qualification.

7 General information for centres

Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.

Internal and external verification

All instruments of assessment used within this/these Group Award(s) should be internally verified, using the appropriate policy within the centre and the guidelines set by SQA.

External verification will be carried out by SQA to ensure that internal assessment is within the national guidelines for these qualifications.

Further information on internal and external verification can be found in *SQA’s Guide to Assessment and Quality Assurance for Colleges of Further Education* (www.sqa.org.uk).

8 General information for candidates

The award of HND Applied Sports Science has been designed to enable you to meet the demands and requirements of a modern sports science working environment. You will develop the skills and knowledge required to gain employment in the areas of exercise and athlete support, and health promotion. Employment opportunities may be available with national sporting organisations, local councils, commercial sporting or fitness organisations or you may consider self-employment options.

Should you wish to study further the HND will allow you to progress to a variety of degree course at Higher Educational Institutions. You are advised to liaise directly with the HE establishments prior to each year's intake, as Unit credits that count towards entry requirements can vary and applicants are considered on an individual basis.

The aims of the award are to:

- ◆ provide you with advanced practical and theoretical knowledge to enable you to work with clients in a range of sports science settings with minimum guidance and support
- ◆ build on your current skills and further develop competences relating to applied functions within the health and fitness industry
- ◆ develop Core Skills and transferable skills
- ◆ develop study and research skills to enable you to progress to Higher Education courses
- ◆ develop key skills for employment

To successfully complete the award you must gain 30 SQA credits (240 SCQF credit points). The mandatory Units within the award cover areas such as: exercise physiology and anatomy; nutrition; first aid; sports mechanics; strength and conditioning; and skill acquisition and performance.

Many of the Unit assessments will involve the assessment of your practical skills. The mandatory Units include 2 Graded Units which are designed to assess your ability to integrate and apply the knowledge and/or skills gained in the individual HN Units, that you have achieved the principal aims of the Group Award, and to grade your achievement (in the Graded Unit only). Graded Unit 1 is assessed by an investigation and Graded Unit 2 by a practical assignment.

You will also have the opportunity to develop the Core Skills of *Communication*, *Working with Others*, *Problem Solving*, *Information Technology* and *Numeracy*.

9 Glossary of terms

SCQF: This stands for the Scottish Credit and Qualification Framework, which is a new way of speaking about qualifications and how they inter-relate. We use SCQF terminology throughout this guide to refer to credits and levels. For further information on the SCQF visit the SCQF website at www.scqf.org.uk

SCQF credit points: One HN credit is equivalent to 8 SCQF credit points. This applies to all HN Units, irrespective of their level.

SCQF levels: The SCQF covers 12 levels of learning. HN Units will normally be at levels 6–9. Graded Units will be at level 7 and 8.

Subject Unit: Subject Units contain vocational/subject content and are designed to test a specific set of knowledge and skills.

Graded Unit: Graded Units assess candidates' ability to integrate what they have learned while working towards the Units of the Group Award. Their purpose is to add value to the Group Award, making it more than the sum of its parts, and to encourage candidates to retain and adapt their skills and knowledge.

Dedicated Unit to cover Core Skills: This is a non-subject Unit that is written to cover one or more particular Core Skills.

Embedded Core Skills: This is where the development of a Core Skill is incorporated into the Unit and where the Unit assessment also covers the requirements of Core Skill assessment at a particular level.

Signposted Core Skills: This refers to the opportunities to develop a particular Core Skill at a specified level that lie outwith automatic certification.

Qualification Design Team: The QDT works in conjunction with a Qualification Manager/Development Manager to steer the development of the HNC/HND from its inception/revision through to validation. The group is made up of key stakeholders representing the interests of centres, employers, universities and other relevant organisations.

Consortium-devised HNCs and HNDs are those developments or revisions undertaken by a group of centres in partnership with SQA.

Specialist single centre and specialist collaborative devised HNCs and HNDs are those developments or revisions led by a single centre or small group of centres who provide knowledge and skills in a specialist area. Like consortium-devised HNCs and HNDs, these developments or revisions will also be supported by SQA.

10 Appendices

Appendix 1: Mapping of specific aims to mandatory Units

Appendix 2: Mapping of Core Skills to Units

Appendix 3: National Occupational Standards

Appendix 4: Credit transfer arrangements

Appendix 1: Mapping of specific aims to mandatory Units

Group Award title: HND Applied Sports Science

Unit code	Unit title	Aim 1	Aim 2	Aim 3	Aim 4	Aim 5	Aim 6	Aim 7
DW60 34	Exercise Physiology and Anatomy	Y			Y		Y	
DP8E 34	Exercise Principles and Programming	Y		Y	Y	Y		Y
DT4W 34	Nutrition for Fitness, Health and Exercise	Y		Y	Y		Y	
DP2L 34	Health Screening	Y		Y	Y	Y		Y
DD30 34	First Aid for Sport	Y		Y	Y	Y		Y
DF87 34	Health and Safety Legislation: An Introduction	Y		Y	Y	Y		Y
F505 34	Supporting Talented Sports Performers	Y			Y		Y	Y
F4S9 35	Psychology of Exercise	Y	Y	Y	Y		Y	Y
DW69 34	Fitness, Health and Exercise: Graded Unit 1			Y	Y	Y	Y	Y
F4SA 35	Physiological Responses to Exercise	Y		Y	Y		Y	Y
F509 35	Psychological Skills Training in Sport	Y	Y	Y	Y		Y	Y
J42B 35*	Nutrition for Sports Performance	Y			Y		Y	Y
F4SC 35	Strength and Conditioning	Y	Y	Y	Y	Y		Y
F4SB 35	Qualitative Biomechanical Analysis	Y	Y		Y		Y	Y
F50A 35	Measuring Fitness in Exercise and Sport	Y	Y	Y	Y	Y		Y
F5D1 34	Skill Acquisition and Performance	Y	Y	Y	Y			Y
F5GL 35	Applied Sports Science: Graded Unit 2	Y	Y	Y	Y	Y	Y	Y
DW63 34	Plan, Teach and Evaluate a Group Exercise with Music Session	Y		Y	Y	Y		Y
DW62 34	Plan, Teach and Evaluate a Gym Based Exercise Session	Y		Y	Y	Y		Y

Appendix 2: Mapping of Core Skills to Units

Unit code	Unit title	Core Skill								
		Communication		Numeracy		ICT	Problem Solving			Working with Others
		Oral	Written	Using Graphical Information	Using Number		Critical Thinking	Planning & Organising	Reviewing & Evaluating	
DW60 34	Exercise Physiology and Anatomy		Y			Y				
DP8E 34	Exercise Principles and Programming	Y	Y	Y	Y			Y	Y	Y
DT4W 34	Nutrition for Fitness, Health and Exercise		Y			Y		Y		
DP2L 34	Health Screening	Y	Y					Y	Y	Y
DD30 34	First Aid for Sport	Y	Y					Y		Y
DF87 34	Health and Safety Legislation: An Introduction		Y			Y			Y	Y
F505 34	Supporting Talented Sports Performers	Y	Y			Y			Y	
F4S9 35	Psychology of Exercise		Y				Y			
DW69 34	Fitness, Health and Exercise: Graded Unit 1	Y	Y	Y	Y	Y	Y	Y	Y	Y
F4SA 35	Physiological Responses to Exercise		Y	Y	Y		Y			
F509 35	Psychological Skills Training in Sport	Y	Y				Y	Y	Y	Y
J42B 35*	Nutrition for Sports Performance		Y			Y		Y		
F4SC 35	Strength and Conditioning	Y	Y	Y	Y		Y	Y	Y	Y

Appendix 2: Mapping of Core Skills to Units (cont)

Unit code	Unit title	Core Skill								
		Communication		Numeracy		ICT	Problem Solving			Working with Others
		Oral	Written	Using Graphical Info	Using Number		Critical Thinking	Planning & Organising	Reviewing & Evaluating	
F4SB 35	Qualitative Biomechanical Analysis	Y	Y	Y		Y	Y	Y	Y	Y
F50A 35	Measuring Fitness in Exercise and Sport	Y	Y	Y	Y	Y		Y	Y	Y
F5D1 34	Skill Acquisition and Performance	Y	Y				Y		Y	Y
F5GL 35	Applied Sports Science: Graded Unit 2	Y	Y	Y	Y	Y	Y	Y	Y	Y
DW63 34	Plan, Teach and Evaluate a Group Exercise with Music Session	Y	Y		Y			Y	Y	Y
DW62 34	Plan, Teach and Evaluate a Gym Based Exercise Session	Y	Y	Y	Y			Y	Y	Y

Appendix 3: National Occupational Standards

Group Award title: HND Applied Sports Science

The following elements of National Occupational Standards applying to the practical/vocational Units are:

Instructing Physical Activity and Exercise SVQ/NVQ Qualification Structure 2004	Coaching Teaching Instructing SVQ/NVQ Approved Qualification Structure	Coaching Teaching and instructing SVQ/NVQ Qualification Structure, Approved by PSAG 2003
D437 Collect and analyse information to plan a progressive physical activity programme	B27 Analyse information and identify goals	B28 Plan a coaching programme
D438 Plan, review and adapt a progressive physical activity programme	B28 Plan a programme to achieve goals	D418 Implement a coaching programme
D439 Plan and instruct specific physical activities	B29 Manage and evaluate a programme to achieve goals	D419 Develop participant performance through progressive sessions
C313 Provide motivation and support to clients during a progressive physical activity programme	D45 Coach participants to improve their performance	
D440 Apply the principles of nutrition and weight management to a progressive physical activity programme	D13 Establish and maintain relationships which support the coaching process	

These elements can be mapped to the practical/vocational Units as illustrated in the table that follows:

Appendix 3: National Occupational Standards (cont)

Group Award title: HND Applied Sports Science

Unit code	Occupational Standard Reference Number Unit name	D437	D438	D439	C313	D440	B27	B28	B29	D45	D13	D28	D418	D419
F505 34	Supporting Talented Sports Performers	✓	✓		✓						✓			
F4S9 35	Psychology of Exercise	✓	✓		✓		✓	✓	✓		✓			
F4SA 35	Physiological Responses to Exercise	✓			✓		✓							
F509 35	Psychological Skills Training in Sport	✓			✓		✓							
J42B 35*	Nutrition for Sports Performance					✓	✓	✓	✓					
F4SC 35	Strength and Conditioning	✓	✓	✓	✓									
F4SB 35	Qualitative Biomechanical Analysis			✓			✓	✓	✓	✓				
F50A 35	Measuring Fitness in Exercise and Sport													
F5D1 34	Skill Acquisition and Performance													

Appendix 4: Credit Transfer Arrangements

Unit title	Unit code	Predecessor Unit		comments
		title	code	
Exercise Physiology and Anatomy	DW60 34	Anatomy and Exercise Physiology	DA8V 04	Full credit transfer
Exercise Principles and Programming	DP8E 34	Exercise Principles and Programming	DP8E 34	Full credit transfer
Nutrition for Fitness, Health and Exercise	DT4W 34	Nutrition for Diet and Sports Performance	D51K 35	Partial credit transfer
Psychology of Exercise	F4S9 35	Psychological Profiling in Exercise	A5BR 04	Partial credit transfer
Psychological Skills Training in Sport	F509 35	Psychological Profiling in Sport	A5BW 04	Partial credit transfer
Qualitative Biomechanical Analysis	F4SB 35	Biomechanical Applications in Exercise and Sport	A6EH 04	Partial credit transfer
Measuring Fitness in Exercise and Sport	F50A 35	Measurement of Fitness in Exercise and Sport	D3GA 04	Full credit transfer