

## **Sport and Exercise Science Top-Up degree programme**

Looking to enhance your career in sports? You can graduate on our Sport and Exercise Science Top-Up degree programme that has a focus on practical, professional, and theoretical elements that impact sports and exercise performance, participation, and health. This course will equip you with the skills and knowledge needed to excel in the field.

### **But what about the bridging module?**

This module is designed to provide you with specialist knowledge, skills, and understanding needed to progress onto the final year of the course and to achieve your best degree outcome. Even if you don't pass the module, you can still enter the second year of the programme if you meet the other entry requirements.

### **So, what can you expect to learn in the bridging module?**

You will gain valuable insights into research methods, particularly those used in sport, health, exercise, coaching, and teaching contexts. This module will teach you about both quantitative and qualitative research methods, and help you develop the skills needed to conduct data analysis and draw conclusions from your analysis for your dissertation. Additionally, the module will cover how to read academic journals and how to write in a way that will help you achieve the best grades possible on your chosen programme of study.

The bridging module is not designed to be a barrier to your progression to level 6. Rather, it's intended to support you in your higher education journey. Many of our top-up students who have completed this module have been successful in passing their degree with flying colours.

### **How is the bridging module delivered?**

The bridging module be delivered face to face over a 3-week period, as well as online quizzes and tutorials. Tutorials can be booked in person or via teams, which means you will be able to ask questions to clarify your understanding and ask any other questions you have.

### **How is the bridging module assessed?**

The bridging module is assessed by two different components.

#### **Component one**

The first component involves you writing a research abstract from an academic journal article. For this, you will be presented with a series of journal articles, and you select one of these articles and produce a 500-word abstract summarising the article.

#### **Component two**

The second component involves you taking a Moodle quiz that involves analysing quantitative data and showing your understanding of qualitative data analysis.