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# Embedding vocational qualifications within a degree course: an example approach.

BURGESS, K. and STEWART, L.

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Dr K Burgess and Mrs L Stewart

## BACKGROUND

There is growing impetus to 'add value' to student higher education learning experience through the integration of vocational training to better service employer's needs (Thomas and Grimes 2003). In the field of health and fitness the Register of Exercise Professionals (REPS) provides a system of regulation for instructors and trainers to ensure that they meet the industry's agreed National Occupational Standards. Without REPS accreditation sport and exercise science students may well have the knowledge and experience to work in the industry but finding employment is more difficult.

## IMPLEMENTATION

In order to enhance students employability in addition to aligning the undergraduate BSc(hons) Applied Sport and Exercise Science degree to the national occupational standards course endorsement was sort and obtained to enable the students to gain REPS accredited qualifications including the level 2 gym instructor which is outlined here. In order to map to the requirements some additions were made to module content and a module assessment was adjusted so that it could double up to include all the practical requirements for REPs (see marking proforma below). Students can be signed off as competent/not yet competent for REPs alongside their module assessment. In order to obtain the vocational qualification students only addition is to sit a REPs approved MCQ assessment which is completed in house



## OUTCOME

Since acquiring endorsement in 2014 81 students have been awarded additional qualifications and for some students this qualification has enabled them to gain industry relevant employment alongside their studies. When students are asked in the university's students experience questionnaire about aspects of the course which were particularly good these additional qualifications are often highlighted e.g.

*"Opportunities to receive extra qualifications related to the world of sport and exercise."*



SCHOOL OF HEALTH SCIENCES ASSESSMENT PROFORMA FOR STAGE 2 (YEAR 2) ACADEMIC YEAR 2017 - 2018																			
BSc (Hons) Sport and Exercise Science										MODULE H2204: Exercise Programming and Delivery for the General Population									
<b>Preparing To Teach A Lesson: The Learner:</b>																			
P1: Prepare and deliver a lesson and resources to support the participant(s) need																			
P2: Welcome participant(s) and make them feel welcome and at ease																			
P3: Assess the participant(s) of the facility's emergency procedures																			
P4: Explain the purpose and value of the exercises, including warm up and cool down																			
P5: Confirmed to meet the programme and its objectives																			
<b>Delivering The Lesson:</b>																			
L1: Give explanation and/or demonstrations that were technically correct																			
L2: Communicated as appropriate to participant(s) needs and environment																			
L3: Adapted appropriate positions to observe participant(s) and respond to their needs																			
L4: Ensured that the participant(s) can perform the exercises as instructed																			
L5: Provided feedback and coaching points that were timely, clear and motivational																			
L6: Adapted exercises with suitable progressions and/or regressions according to participant(s) needs																			
L7: Monitored the safety and intensity of exercise																			
L8: Provided advice on good practice for the session																			
L9: Students must demonstrate correct lifting and passing techniques, including dead lifting the ball safely from the floor and standing																			
<b>Ending a Lesson and Giving Feedback: The Learner:</b>																			
E1: Allow sufficient time to end the session according to the participant(s) level of experience																			
E2: Give the participant(s) to receive feedback on the session																			
E3: Give the participant(s) the opportunity to:																			
- Reflect on the session ( ) Provide feedback ( ) Ask questions ( ) Identify further needs ( )																			
E4: Give the participant(s) a condition acceptable for future use																			
<b>Evaluation: The Learner:</b>																			
E5: Reviewed the outcomes of working with participant(s) and participant(s) feedback																			
E6: Identified how well exercise met participant(s) needs																			
E7: Identified how effective and motivational the relationship with the participant(s) was																			
E8: Identified how to improve personal practice																			

