



TUS

**Technological University of the Shannon:
Midlands Midwest**

Ollscoil Teicneolaíochta na Sionainne:
Lár Tíre Iarthar Láir

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**Dámh an Ghnó agus Daonnachtaí
Faculty of Business and Humanities**

**An Roinn Spórt agus Luath-Óige
Department of Sport and Early Childhood**

Report of External Validation Panel

External Validation Panel, 15th March 2023

for the

**Bachelor of Science (Hons) in Applied Sports Science with: Strength and
Conditioning/Performance Technology**

**with Exit Award at Level 7: Bachelor of Science in Applied Sports Science with:
Strength and Conditioning/Performance Technology**

**with Exit Award at Level 6: Higher Certificate in Applied Sports Science with:
Strength and Conditioning/Performance Technology**

1.0 INTRODUCTION

This report outlines, in summary form, the proceedings of the external validation visit for the proposed Higher Certificate in Applied Sports Science with Strength & Conditioning; Higher Certificate in Applied Sports Science with Performance Technology; Bachelor of Science in Applied Sports Science with Strength & Conditioning; Bachelor of Science in Applied Sports Science with Performance Technology; Bachelor of Science of (Honours) in Applied Sports Science with Strength & Conditioning; Bachelor of Science of (Honours) in Applied Sports Science with Performance Technology, and the findings and conclusions of the External Validation Panel on 15th March 2023. The external validation visit was undertaken in accordance with Section 3 of the TUS document '*TUS Academic Regulations for Taught Programmes: Academic Year 2022/2023*'. (The document is available on the TUS website.) An external validation panel makes an independent impartial judgement on a programme proposal.

2.0 GENERAL INFORMATION

2.1 Higher Education Provider

Provider	Technological University of the Shannon: Midlands Midwest
Faculty	Business and Humanities
Department	Sport and Early Childhood
Date of Visit	15 th March 2023

2.2 Programmes Evaluated

Programme Title	Bachelor of Science (Hons) in Applied Sports Science with: Strength and Conditioning/Performance Technology
Award Title	Bachelor of Science (Hons) in Applied Sports Science with: Strength and Conditioning/Performance Technology
NFQ Level	Level 8
ECTS Credits	240

Award Class	Honours Bachelor Degree Ab-initio
Delivery Mode	Full time
Duration	4 years
Proposed Starting Date	September 2023
Contact	Dr. Amy McGuire/ Dr. Damien Young

Programme Title	Bachelor of Science in Applied Sports Science with: Strength and Conditioning/Performance Technology
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Award Title	Bachelor of Science in Applied Sports Science with: Strength and Conditioning/Performance Technology
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NFQ Level	Level 7
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ECTS Credits	180
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Award Class	Ordinary Bachelor Degree
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Delivery Mode	Full time
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Duration	3 years
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Proposed Starting Date	September 2023
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Contact	Dr. Amy McGuire/Dr. Damien Young
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Programme Title	Higher Certificate in Applied Sports Science with: Strength and Conditioning/Performance Technology
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Award Title	Higher Certificate in Applied Sports Science with: Strength and Conditioning/Performance Technology
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NFQ Level	Level 6
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ECTS Credits	120
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Award Class	Higher Certificate
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Delivery Mode	Full time
Duration	2 years
Proposed Starting Date	September 2023
Contact	Dr. Amy McGuire/ Dr. Damien Young

2.3 External Validation Panel of Expert Assessors

Name	Affiliation
Mr. David Denieffe (Chair)	SETU
Ms. Odharnaith McKenna	Stats Perform
Dr. Richard Bowles	Mary Immaculate College
Dr. Cathal Cregg	Connaught GAA
Dr. Marco Beato	University of Suffolk
Mr. Brendan P Egan	Student Representative

2.4 TUS Staff

Name	Role
Mr. Donnacha McNamara	Dean of Faculty of Business and Humanities
Dr. Amy McGuire	Head of Department of Sport and Early Childhood
Dr. Damien Young	Programme Coordinator

3.0 FINDINGS AND RECOMMENDATIONS OF EXTERNAL VALIDATION PANEL

3.1 Main Findings

The External Validation Panel of Assessors recommends approval of the proposed Bachelor of Science (Hons) in Applied Sports Science with: Strength and Conditioning/Performance Technology; with Exit Award at Level 7: Bachelor of Science in Applied Sports Science with: Strength and Conditioning/Performance Technology; with Exit Award at Level 6: Higher Certificate in Applied Sports Science with: Strength and Conditioning/Performance Technology.

3.2 Conditions

- 1) No conditions

3.3 Recommendations

- 1) Look for opportunities to further integrate the core principles of business intelligence into game intelligences and facilitate that crossover.
- 2) Ensure suitable approaches are in place for staff to prepare and manage students on work placement and facilitate the broad range of work placement opportunities.
- 3) Ensure that every student has access to the relevant software and hardware for the programme.
- 4) Ensure students on the Performance Technology programme have access to a share lab space allocated to them.

STAGE 1

- 5) Change the title of the module of “Resistance Training Principles” to “Strength and Conditioning Principle” to further align with external accrediting bodies such as NSCA.
- 6) Consider the timing of the Nutrition module to occur later in the programme to allow student to have developed more knowledge before going into Nutrition.
- 7) Consider integrating a broader theoretical perspective into the module Physical Activity & Movement Development eg: other models of Physical Literacy (Margaret Whitehead).

- 8) Additional Recommended Reading Lisa Barnett et al (Australia) Nalda Wainwright et al (Wales) - recommended reading on FMS within PE
- 9) Consider the role of students going into school placement as collaborating with teachers instead of replacing students during class time. Look to have a Co-teaching space
- 10) Consider delivering further soft skills (communication/presentation skills) later in the programme before they go on placement to ensure they are prepared for work placement.
- 11) Consider delivering the module Introduction to Psychology into SEM 1 to bring this module in earlier in the programme and consider combining it with communication skills.

STAGE 2

- 12) Consider integrating DAX and PowerBI into the Statistics for Sport module/Data Analytics in Sports Science and Performance Technology
- 13) Look at differentiating the names between the modules “Statistics for Sport” and “Statistical Research Methods for Sport”
- 14) Look at opportunities to integrate Open Software such as JASP in addition to SPSS to provide students with free alternative digital tools and applications.
- 15) Incorporate a tactical periodisation model into the Periodisation module.

3.3 Commendations and Observations

- 1) The panel commends the team for developing an excellent and innovative programme. The strong emphasis on the development of transversal skills is particularly noteworthy and strongly commended.
- 2) The panel commends the quality of the programme submission and documentation and noted its comprehensive and detailed nature.
- 3) The panel commends the flexibility within the programme to support students to move onto different pathways in the programme.

- 4) The duration and flexibility of completing work placement over the academic year, in conjunction with multiple placements. Would recommend a minimum placement of 3 months duration within the one organisation.
- 5) Panel commends the module “Sports Innovation & Professional Development” for student to develop these skills at this stage in the programme.
- 6) The panel commends the positive and collegiate engagement of the programme team during the validation visit.



29/3/2023

Signature of Chairperson and Date