



**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, 18/05/2023**

**for the**

**Bachelor of Science (Hons) in Applied Sports Science Exercise Nutrition**

**Bachelor of Science in Applied Sports Science with Sport & Exercise Nutrition  
(Exit Award Stage 3);**

**Higher Certificate in Applied Sports Science with Sport & Exercise Nutrition (Exit  
Award Stage 2);**

## 1.0 INTRODUCTION

This report outlines, in summary form, the proceedings and findings of the external validation visit for the proposed

- Bachelor of Science (Honours) in Applied Sports Science with Sport & Exercise Nutrition;
- Bachelor of Science in Applied Sports Science with Sport & Exercise Nutrition (Exit Award Stage 3);
- Higher Certificate in Applied Sports Science with Sport & Exercise Nutrition (Exit Award Stage 2);

held on 18<sup>th</sup> May 2023. The external validation visit was undertaken in accordance with TUS Academic Regulations for the development of taught programmes. An external validation panel makes an independent impartial judgement on a programme proposal.

## 2.0 GENERAL INFORMATION

### 2.1 Higher Education Provider

Provider	TUS: Midlands Midwest
Faculty	Business and Humanities
Department	Sport and Early Childhood
Date of Visit	18 <sup>th</sup> May 2023

### 2.2 Programme Evaluated

Programme Title	Bachelor of Science (Hons) in Applied Sports Science with Sport & Exercise Nutrition
Award Title	Bachelor of Science
Code	LC_SAPPO_K08
NFQ Level	8
ECTS Credits	240
Award Class	Level 8

Delivery Mode	Full-time
Duration	4 years
Proposed Starting Date	September 2024
Contact	Dr. Amy McGuire/Theresa Norton

Programme Title	Bachelor of Science in Applied Sports Science with Sport & Exercise Nutrition
Award Title	Bachelor of Science
Code	LC_SAPPN_J07
NFQ Level	7
ECTS Credits	180
Award Class	Level 7
Delivery Mode	Full-time
Duration	3 years
Proposed Starting Date	September 2024
Contact	Dr. Amy McGuire/ Theresa Norton

Programme Title	Higher Certificate in Applied Sports Science with Sport & Exercise Nutrition
Award Title	Higher Certificate in Science
Code	LC_SAPPN_I06
NFQ Level	6
ECTS Credits	120
Award Class	Level 6
Delivery Mode	Full-time
Duration	2 years
Proposed Starting Date	September 2024

Contact	Dr. Amy McGuire/ Theresa Norton
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### 2.3 External Validation Panel of Expert Assessors

Name	Affiliation
Prof. Marie Parker-Jenkins	University of Limerick
Dr. John Murphy	Dublin City University
Dr. Sinead Roberts	University of Westminster
Mr. John O'Connor	Kerry GAA & Target Nutrition
Ms. Sinead Bradbury	Performance Nutritionist Galway GAA
Ms. Ciara O'Rourke	Student Representative

Secretary to Panel: Sarah O'Toole, TUS.

### 2.4 Institute Staff

Name	Affiliation
Mr. Donnacha McNamara	Dean of Limerick School of Art and Design
Dr. Amy McGuire	Head of Department of Sport and Early Childhood
Programme Coordinator: Theresa Norton Programme Team: Elaine Barry; Michael Fennelly; Aaron Grant; Keith Hennessey; Philip Hennessey; Amy Higgins; Amy McGuire; Amy McNamara; Donnacha Mulcahy; Craig Walters; Damien Young	

## **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 (Honours) in Applied Sports Science with Sport & Exercise Nutrition;
- Bachelor of Science in Applied Sports Science with Sport & Exercise Nutrition (Exit Award Stage 3);
- Higher Certificate in Applied Sports Science with Sport & Exercise Nutrition (Exit Award Stage 2);

subject to the conditions in Section 3.2 and recommendations as specified in Section 3.3.

### **3.2 Conditions**

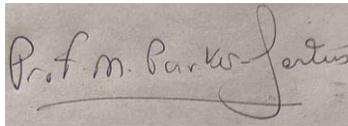
No conditions apply

### **3.3 Recommendations**

- 1) Consider bringing Research Methods into the first year to give students a good knowledge throughout each year of the programme in preparation for interpreting research and becoming a critical thinking scientist.
- 2) Look for opportunities to bring in more guest lecturers and colleagues from industry to share insights, knowledge and experience with students.
- 3) Ensure to communicate to students that the cost of the ISAK course fee will be incorporated into the registration fees.
- 4) Consider approaches and strategies to prepare students for potential self-employment in particular commercial price points and time management.
- 5) Update and review the resource and reference materials across all the modules to ensure they are recent and relevant, in particular, the Final Year Project Sport & Exercise Nutrition module.
- 6) Develop a diagrammatic explanation of the accreditation process for students which will outline the pathways and options for graduates to support them attaining accreditation.
- 7) Ensure that the unique strengths of the course and the breadth of the course (practical elements, assessment, placement) are promoted across the sector as a distinctive programme in this discipline; including the development of high-performance facilities and a centre of excellence.

### 3.4 Commendations and Observations

- 1) The panel commends the inclusion of the *Female Athlete* module in the programme as a mandatory module on the programme.
- 2) The panel commends the quality of the programme submission and documentation and noted its comprehensive and detailed nature.
- 3) The panel commends the development of the programme and the positive and innovative nature of the programme for the sector.
- 4) The panel commends the programme team and the discussion in relation to the areas raised during the programme team meeting to answer queries and talk through the programme.
- 5) The panel commends the business component of the programme that has been designed into the programme.



Prof. M. Parker-Jarvis

Signature of Chairperson

Date: 14\_\_\_\_/\_\_\_\_06\_\_\_\_/\_\_\_\_2023\_\_\_\_