

Programme Specification

A Programme Specification provides a concise summary of the main features of a programme and its intended learning outcomes. It is intended to be used by prospective students, current students, academic staff and potential employers.

Programme Title:	
FDS Sc Sports Coaching Science	
Programme (AOS) Code(s):	FH1SCS1
UCAS Code:	FDSC
Name of Final Award:	Foundation Degree Science, FDS Sc
Level of Qualification:	Level 5
Regime of Delivery:	Attendance
Mode(s) of Delivery:	Full Time
Typical Length of Study (Years):	2 years
Professional Body Recognition / Accreditation (including specific requirements where applicable):	N/A

Brief Description of the Programme

This is a two-year foundation degree aimed at students who already work, or would like to work, in the sports coaching sector. The course may also suit current performance athletes who wish to combine their sporting career with an academic qualification. The programme offers students an opportunity to combine academic study with workplace and/or experience of sports participation and competition. Students will develop a theoretical knowledge in key underpinning aspects of sports coaching (physiological, psychological and biomechanical aspects of the discipline). A significant aspect of the Foundation Degree is the strong vocational focus through which students are consistently encouraged to relate theory to practice both in their work and playing/competition experience.

Programme Aims

- 1 To create opportunities for students to gain academic qualifications to support their playing or practical and vocational skills to develop lifelong learning skills within sports coaching.
- 2 To contribute to students' critical understanding and awareness of the development of physical activity participation for all supported by sport coaching techniques.
- 3 To prepare students to contribute to sports coaching through the development of the key transferable and cognitive skills, essential for future employment potential, through both academic and practical workplace environments.

Programme Learning Outcomes

The Bucks Graduate Attributes focus on the development of innovative leaders in professional and creative capacities, who are equipped to operate in the 21st Century labour market and make a positive impact as global citizens. The attributes are developed through the programme.

ID	Learning Outcome
On successful completion of the programme a graduate will be able to:	
Graduate Attribute: Knowledge and its application (K)	
K1	Demonstrate an understanding of core scientific disciplines related to sports coaching.
K2	Apply empirical scientific knowledge to contemporary coaching practice.
K3	Apply specific knowledge of sport coaching to the critical analysis of coaching practice.
Graduate Attribute: Creativity (C)	
C1	Apply coaching theory to develop creative solutions for coaching delivery and sessions.
C2	Demonstrate a range of skills to contribute to aural and visual coaching practice.
C3	Design creative solutions to enhance coaching effectiveness and analysis.
Graduate Attribute: Social and ethical awareness and responsibility (S)	
S1	Demonstrate an awareness of the social and ethical implications of coaching practice on participants.
S2	Analyse the importance of the coach athlete relationship as a factor for success.
S3	Undertake assignments/ investigations/ practicals/ participant interaction with appropriate consideration for safety and risk assessment.
Graduate Attribute: Leadership and self-development (L)	
L1	Demonstrate independent learning skills and reflection to promote lifelong learning.
L2	Plan and execute personal development plans to ensure CPD.
L3	Support the development of participants and autonomous sports performers.
L4	Demonstrate the communication techniques required to support athlete development combining all support available.

Programme Structure

Programmes are structured in stages. The number of stages will vary depending on the mode (e.g. full-time, part-time), duration and location of study which will be detailed in the Programme Handbook.

Modules are set at a specific academic level and listed as either core (compulsory) or optional. The level indicates the relative academic difficulty which will increase through the programme. Passing modules will reward you with academic credit. The amount of credits will depend on the complexity of the module and the level of effort required, which is measured in 'notional learning hours'.

Our [Academic Advice webpages](#) provide more information on the structure of taught awards offered by the University.

Please note: Not all option modules will necessarily be offered in any one year. Other option modules may also be introduced at a later stage enabling the programme to respond to sector developments.

Level Four

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL411	Introduction to Coaching Theory and Practice	15	Core	Yes
SL423	Professional and Academic Skills	15	Core	Yes
SL435	Fundamentals of Strength and Conditioning	15	Core	Yes
SL436	Professional Development & Practice	15	Core	Yes
SL457	Human Anatomy	15	Core	Yes
SL458	Human Science for Physical Education	15	Core	Yes
SL459	Games for Sport and Physical Education	15	Core	Yes
SL470	Foundations of Sport & Exercise Psychology	15	Core	Yes

Level Five

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL519	Coaching and Athlete Development	15	Core	Yes
SL528	Sports Nutrition	15	Core	Yes
SL531	Performance Analysis	15	Core	Yes
SL557	Foundations of Biomechanics	15	Core	Yes
SL560	Child Development and Learning	15	Option	Yes
SL563	Fitness Assessment	15	Core	Yes
SL564	Working In Sports Coaching	30	Core	Yes
SL566	Applied Strength and Conditioning	15	Option	Yes

Learning and Teaching Activities

Please see the [Academic Advice pages](#) for a description of learning and teaching activities that are recognised by the University. Detailed information on this specific programme is outlined below:

The teaching and learning strategies for this course aim to provide flexible delivery, blending traditional attendance based approaches with work based learning supported by distance learning material where appropriate. Students will attend the university for a maximum of two days per week. Additional learning opportunities will include online resources and work/practice based reflection activities. Since 'employability' is central to the teaching and learning approach throughout the programme, students will be guided into opportunities to engage with industry employers to gain the mandatory professional experience and work-based learning required.

In line with University policy, all teaching is underpinned by research and scholarship, both in terms of content and pedagogy. The Foundation Degree philosophy is to deliver all teaching through a vocationally focused medium underpinned by research and theoretical principles. To illustrate; level 4 modules (e.g., Professional and Academic Skills, Human Sciences and Anatomy) introduce practical research skills to students for them to subsequently utilise to critically appraise the underpinning concepts in coaching and games. Other modules that are situated

within a specific academic discipline (e.g. sport psychology) draw from relevant research areas to link academic concepts with vocational, 'real-life' settings.

At level 5, module content is concentrated on developing independent lifelong learning skills to facilitate students' active engagement in CPD to heighten awareness of future career choices. The choice between child development / psychology, and strength and conditioning will offer students the opportunity to specialise in particular domains of coaching thus preparing them for future employment or independent research at level 6.

Teaching delivery will comprise:

- Lectures
- Seminars
- Workshops
- Practical coaching sessions
- Work based learning
- Tutorials
- Practical lab based assessment
- Professional training

Additional Course Costs

There are costs associated with all studies, additional to the tuition fee, which require consideration, when planning and budgeting for expenditure. Costs are indicative and for the total length of the course shown unless otherwise stated and will increase with inflation; depending on the programme they may include equipment, printing, project materials, study trips, placement activities, DBS and/or other security checks.

Students may be required to gain a DBS check to work with young people and vulnerable adults (estimated at £40).

All books will be available in the library but students may wish to purchase some additional texts. A basic university sports kit will be provided. However, students may wish to purchase additional items.

Students are expected to partake in work-based activity – the cost of travel to the place of work is not covered by the course and will vary depending on their chosen role.

Contact Hours

1 unit of credit is the equivalent of 10 notional learning hours. Full time undergraduate students study 120 credits (1200 hours) and full-time postgraduate students study 180 credits (1800 hours) per year or 'stage' of the course.

Course Stage	Scheduled Activities (Hours)	Guided Independent Study (Hours)	Placement / Study Abroad / Work Based Learning (Hours)
Year One	272	880	48
Year Two	210	894	96

Assessment Methods

The [Assessment and Examination webpages](#) provide further information on how assignments are marked and moderated, including a description of assessment activities. These also include further

information about how feedback on assessed work is provided to students, including our commitment to ensure this is provided to students within 15 working days (the ‘three-week turnaround’).

The majority of modules within this programme have one or two summative assessment elements. However, some modules may require smaller, more frequent assessment due to the design and weighting of the module. This includes formative assessments within modules. In accordance with the modular scheme, assessment will be carried out within the semester in which the module is delivered.

There are no written examinations within this programme due to its vocational nature. Cohorts are expected to gain practical experience alongside their academic studies; it is therefore more appropriate to assess practical skills, which are suited to a working environment. This may include; group and individual presentations, learning logs, practical workbooks and portfolios, oral examinations, professional material and case studies.

To enable flexible learning alongside employment and performance sports, students are able to submit work online, allowing students to continue to engage when away from the campus. There is a strong possibility that students will be in some form of employment and gaining practical experience on work placements and therefore, it is more practical for students to use online resources and engage with feedback online.

The University has a 3-week turnaround expectation for assessment feedback to students.

The list below outlines the types of assessments on this programme:

- Portfolio
- Case Study
- Essay / Written Report
- Group Presentation
- Individual Presentation / Oral Examination
- Practical Session
- Logbook
- Work Based Assessment

Classification

Calculation of final award: Level 5 – 100%

For full details of assessment regulations for all taught programmes please refer to our [Results webpages](#). These include the criteria for degree classification.

Admissions Requirements

Please see the [Application webpages](#) for more information on how to apply, including a statement on how we support students from a variety of backgrounds. Please also see our [general entry requirements](#) for taught programmes. Applicants who do not meet our published entry requirements are encouraged to contact our admissions team for further advice and guidance.

Typical applicant profile and any programme-specific entry requirements

The course is suited to college and school leavers with an active interest in a career in sports coaching. They will be willing to combine work (paid or voluntary) in sports coaching and leadership with academic study. Exceptionally, the course may also attract talented elite athletes who will draw on their own experiences of performance sport support services alongside the academic content. These athletes can be supported through our student athlete / TASS system and dual career needs will be addressed through our Dual Career policy and accreditation (application in process). Mature students currently working in youth sports coaching contexts may also benefit from the course as a route to physical education teaching careers.

Students will normally have 48 UCAS points, however every application will be assessed on its individual merits.

Alternative Level 3 qualifications considered include:
CTEC Sport and Physical Activity
YMCA level 3 diploma in sport
Level 3 Diploma in Sporting Excellence or Physical Activity

Do applicants required a Disclosure and Barring Service (DBS) Check?

YES

Opportunities for students on successful completion of the programme

Upon successful completion of the FdSc, students will have the opportunity to 'top up' to an Honours degree programme. Students will be eligible to apply to Level 6 of the BA (Hons) Sports Development and Coaching or BA (Hons) Sport and Physical Education (if SL560 is completed in level 5 as the option).

Those progressing directly to employment will be able to consider roles such as:

- Sport Development Officer
- School Sport Coordinator
- Primary Sport Assistant
- Fitness Centre roles
- Teaching Assistant
- Youth Worker (Sports programmes)

Recognition of Prior Learning

Previous study, professional and / or vocational experiences may be recognised as the equivalent learning experience and permit exemption from studying certain modules. Please refer to our [Credit Accumulation webpages](#) for further guidance.

Student Support

During the course of their studies, students will be supported in the following ways:

- At the start of their studies all students will receive a full **induction** to the programme which will include introduction to the staff responsible for delivering the course, and access to library and IT facilities
- The **Programme Handbook** will outline the exact nature of the course and how it is structured, including the availability of option modules

- Each student will be allocated a **Personal Tutor** who will support their academic development, be able to advise and guide them with their studies and, where necessary, give advice on study options
- Students will be able to access our full range of **support services**, including the Learning Development Unit for skills and study support, the Library, the Careers and Employability Team, Student Finance Team, Accommodation and Counselling Services

Programme specific support (if applicable)

Students will be encouraged to access the support of Sport For Schools to gain high quality work experiences. These opportunities may involve working as a volunteer or gaining paid work depending on skills and qualifications.

Students will be expected to engage with the virtual learning environment to extend learning outside formal teaching.

Students will also be encouraged to engage with mentors and critical friends during their CPD.

Appendices

Quality Assurance

Awarding Body:	Buckinghamshire New University
Language of Study:	English
QAA Subject Benchmark Statement(s):	Events, Hospitality, Leisure, Sport and Tourism (2016)
Assessment Regulations:	<i>Academic Assessment Regulations</i> , accessible via the Academic Advice webpages (https://bucks.ac.uk/students/academicadvice)
Does the Fitness to Practise procedure apply to this programme?	No
Ethics Sub-committee	Human and Social Sciences (Sport)
Date Published / Updated:	September 2019, July 2020
Date programme re-approval required:	2024-25

Other awards available on programme (Exit Qualifications)

Please refer to the *Academic Qualifications Framework* for Exit Qualifications recognised by the University and credit and module requirements.

Name of Exit Qualification:	Certificate of Higher Education
Full name of Qualification and Award Title:	Certificate of Higher Education Sports Coaching Science
Credits requirements:	120 Credits
Module requirements:	ALL 120 Credits at Level 4
Learning Outcome	
Demonstrate an understanding of the sports coaching process.	
Apply appropriate planning and communication to deliver effective sports coaching sessions.	
Identify how physical and psychological aspects impact on athletic performance.	