



Programme Specification

SCS-Tu-2018: Sports Coaching and Performance Science BSc (Hons) Top-up

LU Bachelor of Science with Honours (Top-up) awarded by Lancaster University (FHEQ Level 6)

Programme Status: Approved | Version: 1

Introduction

This programme specification provides a summary of the main features of the Sports Coaching and Performance Science BSc (Hons) Top-up programme and the learning outcomes that you as a student might reasonably be expected to achieve and demonstrate on successful completion of the programme.

Further detailed information related to this programme and the College can be found in the following resources:

- Programme Handbook
- B&FC Student Handbook
- B&FC Admissions Policy
- Work based and placement learning handbook (for foundation degrees)
- Student guide to assessment and feedback

Key Programme Information

Programme Code	SCS-Tu-2018
Programme Title	Sports Coaching and Performance Science BSc (Hons) Top-up
Teaching Institution	Blackpool and The Fylde College
Professional, Statutory and Regulatory Body (PSRB) Accreditation	None
UCAS Code	
Language of Study	English
Version	1
Approval Status	Approved
Approval Date	12 July 2018
JACS Code	
Programme Leader	Graham Mason

Programme Awards

Award	Award Type	Level	Awarding Body
LU Bachelor of Science with Honours (Top-up)	Honours Top-up Degree (120 credits)	Level 6	Lancaster University

Programme Overview

The BSc (Hons) Sports Coaching and Performance Science programme will develop the skills required for employment in the increasingly professionalised area of sports coaching and performance analytics. The top up year supports you to engage with theoretical principles and critically evaluate both your own and external research, whilst gaining strong practical skills enabling you to seek employment in the sector.

As a coach or performance analyst involved in coaching at various levels from recreational participation through to high performance and therefore need to draw on a range of knowledge bases to inform their practice. The BSc(Hons) Sport Coaching & Performance Science programme you will develop a critical understanding of the role of a coach across the performance pyramid allow you to develop the academic knowledge needed for effective coaching across the coaching spectrum.

Whilst programme is underpinned by academic disciplines within the sport science area focuses

very much on a multidisciplinary approach to sports coaching the curriculum themes focus on student centred learning and allows you to develop your personal interests and direct your study to match your career aspirations. Working with a host of local employers you will gain practical experience working in different settings and with different clients and get the chance to engage with research and projects that enrich your study and contribute to a real and measurable impact on the local community.

Admission Criteria

Successful completion of the FD in Sports Coaching and Performance Science obtained from Blackpool & The Fylde College. It should be noted that the Foundation Degree has a 5 year 'take up' option regarding entry onto the BSc (Hons) top up.

Career Options and Progression Opportunities

The BSc (Hons) Sports Coaching and Performance Science course will prepare you for a career in sports coaching in a variety of roles that could include: participant coach, school coach, community coach or working within the sports development industry. Alternatively graduates find work within the health and fitness industry, strength and conditioning, performance analysis, or choose to study as a physical education teacher. Our graduates have ultimately progressed onto Level 7 (MSc) programmes or gained employment at a professional level in a number of sector areas. Our recent graduates have progressed on to Masters Degrees at UCLAN (Preston), Edge Hill University (in a range of subject disciplines such as Sports Nutrition and Physical Activity and Mental Health) and also onto PGCE programmes here at Blackpool and The Fylde College and at the University of Cumbria. Progression and employability are key to the structure of the programme, as demonstrated by the wide variety of employment gained with organisations such as professional sports clubs, the NHS, and leading fitness chain such as DW Fitness and GYMetc. Alumni have taken up positions as researchers, P.E teachers, personal trainers and health and well-being coaches.

Programme Aims

- To provide an academically challenging and vocationally relevant programme for those who wish to follow careers related to the sports coaching industry.
- To produce graduates who are able to understand the theoretical and practical aspects of sports coaching and exercise science that are utilised in industry.
- To develop the student's ability to learn independently in order to facilitate lifelong professional development.
- To provide students with the opportunity to employ strategic planning and development skills in analysing, understanding and addressing the development needs and intentions of sport coaching at both elite and community level.

Programme Learning Outcomes

Level 6

Upon successful completion of this level, students will be able to:

1. Critically assess and evaluate key areas of the coaching process through reflective practice.

2. Solve complex problems by methods of acquiring, interpreting and analysing information that is appropriate to the study of sport and coaching and exercise science
3. Critically analyse and evaluate the moral, ethical, environmental and legal issues that underpin best practice in the sports science and coaching environment.
4. Critically analyse human structure and function in terms of applied conditioning and development of both young children and adults in sport.
5. Critically assess the key components of high quality coaching practice and identify elements which require improvement and mechanisms to enact this.
6. Use a range of established techniques to initiate and undertake critical analysis of information, and to propose solutions to problems arising from reflective practice within a sports development setting.
7. Communicate information, arguments, and analysis in a variety of forms, to specialist and non-specialist audiences, and deploy key techniques of the discipline effectively in this area of study in order to apply them in a work context.

Programme Structure

Pathway	Module	Level	Credits	Coursework	Practical	Written Exam
Stage 1						
Stage award: LJMU Bachelor of Science with Honours (Top-up)						
(Awarded by Liverpool John Moores University)						
All	SCS601: Principles of Elite Coaching (Mandatory)	6	20	50%	50%	
	SCS602: Contemporary Controversies in Sport (Mandatory)	6	20	40%	60%	
	SCS603: Contemporary Performance Analytics (Mandatory)	6	20	50%	50%	
	SPG611: Dissertation (Mandatory)	6	40	100%		
	SPG612: Working with Specialist Populations (Mandatory)	6	20	50%		50%

Course Options

There are no optional modules as the current route of study has been carefully shaped and developed in conjunction with employers and research centres. The programme focuses on developing students for employment in the Sports Coaching and Performance Science sector, and is optimised for this through its creative design.

Study Workload

Attendance at the institution is spread over 2 days, to enable you to carry out practical research alongside developing theoretical knowledge. In addition you will need to study independently to develop a broader understanding of the concept of coaching and performance analysis. Assessments involve practical work in laboratories, written investigations, and consideration of theory and so you will need to develop your independent study skills. This is supported through excellent Moodle (VLE) resources online, to enable you to study in your own time.

Programme Delivery: Learning and Teaching

The programme will engage you with a diverse and innovative range of teaching and learning approaches that are guided by both the need to develop both vocational and academic knowledge and the desire to expose you to differing pedagogical approaches.

The use of sport science laboratory to support performance analysis and practical coaching delivery all combine to add essential experience to lectures, seminars and workshops. As part of tutor- and student-led activities you will be given the opportunity to engage in research that will allow you to submit work to national conferences such as the BASES (British Association of Sport Scientists) and BCUR (British Undergraduate Conference). Our flexible and reactive approach to learning means coaching events and weekly sports initiatives/groups from local providers can be built-in to enhance sessions where suitable

Programme Delivery: Assessment

A variety of assessment methods link to both personal development and industry practices and include the following:

- Laboratory reports and data interpretation exercises
- Critical analyses of case studies
- Seen and unseen examinations
- Individual and group presentations (whether oral and/or technology-based)
- Critical self and peer-evaluation
- Performance Analysis and Monitoring
- Logbooks and diaries relating to professional practice/work placement and Personal Development Planning
- External placement or work-based learning reports
- Presentations and poster production

This range of methods is used to reflect the programme aims and learning outcomes, alongside supporting your development as a health practitioner. They enable us to provide feedback to you and identify ways for you to improve. They will contribute to your module grade and final award.

Programme Delivery: Work Based and Placement Learning

The programme prides itself in having excellent links with the sector and these have been maintained and developed throughout the year. The employer engagement within the programme ensures a high level of vocational relevance to module content and provides volunteering opportunities for the students. The strong links with the sector has enabled the students to choose from a variety of different placement opportunities within the sports sector. The voluntary placements increase employability by developing relationships with employers which can potentially lead to career opportunities.

Programme Delivery: Graduate Skill Development

Sport Coaching and Performance Science is in high demand across many industries and sectors, and as such, the career prospects for competent sport science professionals is excellent. This programme allows you to acquire a range of specific and transferable skills, knowledge and competencies aligned to professional bodies such as REPs (Register of Exercise Professionals) assuring employers and prospective employers that you have been educated to the most appropriate outcomes for industry and the wider discipline.

This programme was developed in direct partnership with industry and provides you with the assurance that your journey to graduate level is fully compliant with industry requirements and current thinking. Graduates of the programme are appropriately positioned to become a senior sports coach or sports scientists and to continue their development into manager roles and/or professional management roles within a range of sports industries.

Study Costs: Equipment Requirements

Due to the number of practical and physical activity sessions, you will need to supply your own warm, waterproof clothing and appropriate footwear. Furthermore it is likely that transportation costs may be incurred as the majority of practical sessions will be held at the colleges Bispham campus. It is critical that resources at Bispham, such as the 3G pitch, Sports hall and gym are available for timetabling.

Also students have the option of purchasing a college tracksuit for practical sessions with various packages available.

Bolt on courses are also available and are offered at reduced costs: Students will be expected to choose at least 1 course from the following:

UKCC Level 1 Award in Coaching Badminton

UKCC Level 1 Award in Coaching Cycling

UKCC Level 1 Award in Coaching Football

Study Costs: Additional Costs

As part of the programme, you are strongly recommended to attend residential field trips, which provides an opportunity to develop practical skills and embed theoretical concepts. Costs involved with this trip cover food, transport and accommodation and typically comes to around £300, although this is calculated yearly and is subject to change. Travel for local field trips is paid for by the college. There may be additional costs to consider such as printing and photocopying.

Related Courses

The Sports Coaching and Performance Science programme of study is unique at the Blackpool and Fylde College, with only a handful of institutions providing the programme nationally. Blackpool & the Fylde College also offers a BA(Hons) top up year in Physical Activity, Health and Nutrition which shares some commonalities in terms of delivery.