



# Programme Specification

## SCS-Fd-2018: Sports Coaching and Performance Science FdSc

---

B&FC Foundation Degree in Science awarded by Blackpool And The Fylde College (FHEQ Level 5)

Programme Status: Approved | Version: 1

## Introduction

This programme specification provides a summary of the main features of the Sports Coaching and Performance Science FdSc 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

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

## Programme Awards

<b>Award</b>	<b>Award Type</b>	<b>Level</b>	<b>Awarding Body</b>
B&FC Foundation Degree in Science	Foundation Degree (240 credits)	Level 5	Blackpool And The Fylde College

## Programme Overview

Become part of a new generation of sports coaches and performance scientists that work together to help both elite athletes and weekend warriors achieve their full potential. Our new foundation degree has been designed to address the shifting needs of the sports coaching sector and will provide the springboard for your career in this highly competitive industry. The FdSc in Sports Coaching and Performance Science is designed in partnership with our sports industry partners to meet the changing needs of today's employers and gives you the essential knowledge, applied experience and advanced technological skills so that you are fully prepared for a career in sport.

You will gain an introduction to themes such as exercise physiology, movement biomechanics, human anatomy, coaching pedagogy and social psychology. There is also the chance to develop your academic study, research and technology skills and the opportunity to attend national conferences and research events. This course features innovative learning and assessment strategies so that you can experience real world scenarios whilst developing

transferable vocational skills. An integrated, scientific approach to the subject will also give you the chance to become familiar with how coaching and performance analysis technologies work and will also allow you to become involved with internal and external projects cutting across a range of interdisciplinary and practical areas.

With the benefit of substantial input from industry, the FdSc provides a strong foundation of knowledge in sports coaching and performance science along with the specialist vocational skills and industry networks you need to gain the career you want.

## Admission Criteria

A minimum of 64 UCAS points which includes at least one of the following – Sports Coaching, Sports Studies/Science, Sport Technologies or in a Science discipline at Diploma level (3). Applicants who are able to demonstrate relevant work/life skills or knowledge will also be considered on an individual basis particularly those who are already actively involved in coaching sport presently.

## Career Options and Progression Opportunities

Progression and employability are key to the structure of the programme and once you have successfully completed the FdSc in Sports Coaching and Performance Science you will be eligible to undertake the top-up BSc (Hons) degree in Sports Coaching and Performance Science. Graduates from the programme have gone on to gain employment with a range of sector organisations ranging from grassroots sports development through to elite level professional clubs. Alumni have also taken up teaching assistant and specialist practitioner positions in both primary and secondary schools as well as developing their own businesses as personal trainers and talent ID scouts.

## Programme Aims

- To develop individuals with a critical understanding of Sports Coaching through theoretical, practical and work related learning experiences
- To foster a dynamic interchange between theory, research and practice, and to facilitate and encourage the acquisition of vocationally relevant qualifications for coaching and sport science support.
- To develop the student's ability to learn independently in order to facilitate lifelong professional development.
- To provide a program of study, including a range of specialist options that are academically rigorous, coherent, stimulating and challenging, and relevant to students vocational and career intentions within coaching and sport science.
- To progressively develop students' cognitive, key, transferable and, where applicable, practical skills and facilitate their development as independent learners and reflective practitioners.
- To engage students with a body of specialist coaching theory and knowledge, and foster their understanding of the role of the coach and the sport and exercise scientist.
- To provide focused, multi-disciplinary, inter-disciplinary and progressive core units directly related to a successful career in a wide variety of coaching and sport and sport science related fields.

## Programme Learning Outcomes

### Level 5

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

1. Evaluate concepts of the well-established principles in sports coaching and performance science theory and the way in which those principles have developed within the workplace and wider sector
2. Apply underlying concepts and principles of sports coaching, exercise and adapt those principles to a vocational context.
3. Evaluate research methodologies and apply research design and data collection activities to address and test hypotheses in a laboratory or field based context.
4. Communicate information, arguments, and analysis in a variety of forms, to specialist and non-specialist audiences using information and communication technology as appropriate to the task.
5. Monitor, assess and evaluate the effects of sport and exercise intervention on participants, proposing solutions for action
6. Communicate information, arguments, and analysis in a variety of forms, to specialist and non-specialist audiences with application to appropriate contexts.
7. Critically evaluate theoretical perspectives in coaching and exercise science in order to identify limits of knowledge in the discipline and generate further inquiry.
8. Accurately employ fitness testing equipment in order to identify competent and precise protocols for athlete assessment and performance analysis.
9. Critically review the links between Government Policy and individual experience of sport with reference to structural elements relevant to health promotion and physiological assessment.
10. Analyse the variables involved in the teaching, instructing and leading of sport and physical activity interventions, critically evaluating the changing nature of performance.
11. Critically review issues at the forefront of coaching and performance science, identifying the relationship between sport and physical activity.

## Programme Structure

Pathway	Module	Level	Credits	Coursework	Practical	Written Exam
<b>Stage 1</b>						
All	B4SCSCS-FD: Introduction to Academic Study (Mandatory)	4	20	60%	40%	
	SCS401: Professional Coaching in Context (Mandatory)	4	20	100%		
	SCS404: Active Coaching (Mandatory)	4	20	40%	60%	
	SCS405: Coaching Pedagogies (Mandatory)	4	20	50%	50%	
	SCS406: Analysis of Human Movement (Mandatory)	4	20		100%	
	SPG412: Anatomy and Physiology Fundamentals (Mandatory)	4	20	50%		50%
<b>Stage 2</b>						
All	BFC502-T: Work Based Research Project (Mandatory)	5	20	80%	20%	
	SCS501: Social Psychology in Sport (Mandatory)	5	20	60%		40%
	SCS503: Strength and Conditioning (Mandatory)	5	20	40%	60%	
	SCS504: Duty of Care in Sport and Athlete Welfare (Mandatory)	5	20	50%	50%	
	SCS505: Inclusive Coaching Practice (Mandatory)	5	20	50%	50%	
	SCS506: Training Ergonomics and Performance Testing (Mandatory)	5	20	60%	40%	

## Course Options

There are no optional modules as the current route of study has been carefully shaped and developed in conjunction with employers and sector specialists. 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, enabling you to gain practical research skills alongside your developing theoretical knowledge. In addition to your time in the classroom you will need to study independently to develop a broader understanding of the concept of sports coaching and performance science. Module assessments involve production of lab work, essays, presentations and practical skills assessments. During your time on the course your studies will be fully supported by our excellent online learning platform, Moodle, which enables you to study in your own time.

## Programme Delivery: Learning and Teaching

From the moment you join the programme you will be assigned a personal tutor who will be responsible for supporting your academic and personal progress throughout the course. This one-to-one support is central to helping you achieve your very best results during your time on the course. As part of your timetable you will have weekly contact with your tutor in a progress meetings and seminars and they will be on hand to discuss any course related issues or concerns you may have.

Your course will be taught through seminars, group work, practical sessions, tutorials, independent study and lectures. Assessment will include coursework, practice/ competency based learning and examinations. Whilst study time on this course is spent in lectures, seminars and tutorials our online learning portal allows you to undertake independent study in a flexible way that fits around work and family commitments. The core delivery of the programme focuses on developing your knowledge and skills by exposing you to a mix of theory and practical sports coaching environments. Your module specification/course handbook will provide full details of the assessment criteria applying to your course.

The course team will also arrange for a wide range of presentations from guest speakers, encourage you to attend cross college workshops and seminars and give you the chance to engage with trips and visits. In the second year of the programme you will be given the chance to undertake a work placement project, the course has strong links with a range of school and professional sports settings and much of the experiential learning and practical application of coaching skills are rehearsed through these placement links. The course also work closely with a number of local fitness clubs and strength and conditioning facilities and students have the opportunity to undertake industry leading courses as a result of these partnerships. Experiences gained through these experiences are supplemented by more theoretically focused learning to ensure a rounded and comprehensive view of the subjects studied

## Programme Delivery: Assessment

A variety of assessment methods link to both personal development and industry practices including 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
- Role analyses/evaluations
- 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 course includes a compulsory work based consultancy project delivered in your second year. Working with a range of local and national organisations the project will help you to relate theory to practice and to develop skills in a real work environment. The teaching staff have developed excellent links with local employers and will provide assistance in finding a suitable placements. Previous placements and project providers have included strength and conditioning roles, performance analysis and sport science support, teaching opportunities at primary and secondary schools, further education colleges and Local Authority physical activity units.

The programme team also has strong links with local professional sports clubs, so opportunities to work on projects with individual athletes as well as more team focused projects may be offered. You will create a presentation of your work as part of a poster showcase event – this event is attended by employers and local health authorities and gives you chance to present your work to future employers. These valuable sessions allow you to demonstrate your employability skills, in a professional, yet supportive environment and enable you to demonstrate your ability to discuss an area of your own particular interest.

## **Programme Delivery: Graduate Skill Development**

The Sports Coaching and Performance Science programme will develop your technical and transferable skills that underpin the subject area. It supports you to be involved with theoretical principles and critically evaluate both your own, and others research, whilst gaining strong practical skills that enable you to seek employment in the sports coaching sector. The programme is enriched by work experience and introductory practical experiences related to sports coaching delivery and data monitoring that fully equips you for industry or for further study. You will develop your skills as a sports coach by completing field work and sampling, carrying out studies around sports performance and working with local employers to carry out experimental study and research. Sports Coaching and Performance Science employment opportunities are rich and varied, with graduates progressing to a host of employers, sports organisations and National Governing Bodies. The work you carry out has real, measurable impact on the local community through links with local clubs, complementing the teaching and learning within your lectures and growing your employability and career option.

## 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 College's 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 where different priced packages are available – typically the tracksuit costs £70

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:

Gym Instructors level 2 Award

Level 3 Personal Trainer Award

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. Also students have the option of purchasing a college tracksuit for practical sessions which comes at various prices for different packages with the tracksuit costing £70.

## Related Courses

The Sports Coaching and Performance Analysis programme of study is unique at the Blackpool and Fylde College, with only a handful of institutions providing the programme nationally. Other Physical activity and sport degrees are available, such as the sports coaching programme, also located at our University Centre. Upon completion of the Sports Coaching and Performance Science FdSc graduates are able to progress onto a top up at BSc (Honours) level.