



**HARTPURY**  
UNIVERSITY

Programme Information Sheet for 2019 entry

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## FdSc Sport Performance and Coaching

UCAS Code: C607

**Award on completion of programme:** FdSc Sport Performance and Coaching

**Professional body accreditation:** None

**Location of study:** Hartpury University. Work placements can be undertaken in the UK or abroad.

**Length of programme:** Two years full time. Part time options are available.

**Language of the programme:** This programme is taught in English.

### Entry Requirements

**General:** A minimum of 5 GCSE A\* to C, (or 9 to 4 where numeric grades are being awarded), including English Language and Mathematics.

**A-levels:** Typical offer is CC or equivalent. This must include a minimum of one A Level preferably in a Biological science, Sports Studies or PE subject and excludes General Studies.

**Vocational Award:** Typical offer is a MPP in an Extended Diploma or equivalent in a relevant subject

**International Baccalaureate:** We welcome students with the International Baccalaureate Diploma qualification. Offers will be based upon the constituent components preferably to include a grade 3 at higher level biological science. Please contact the admissions team for more information.

**Access:** We welcome students with Access qualifications. Certain programmes require a pass at level 3 in specific units. Please contact the admissions team for more information.

**Mature and international applicants:** Mature and international applicants are welcomed. Mature applicants that are not applying for a programme straight from formal education will be expected to demonstrate suitability for the course.

In the case of international applications, we will attempt to establish the equivalency of qualifications and the same criteria and assessment is used as for home students. An IELTS English qualification of 6.0 is expected for international applicants without a GCSE Grade C or above (or 9 to 4 where numeric grades are being awarded) in English Language.

If you have completed learning towards a university level qualification, perhaps at another institution or with a professional body or have relevant work experience then you may be able to gain credit for this and/or enter the course at a later point than standard year one entry. For further information please contact our Admissions team, who will be pleased to help you.

Personalised offers will be made to each applicant based on their own merits. Non-academic and academic achievement will be considered.

**Timetables:** Both full-time and part-time students on the programme will start in September 2019. This programme is taught over two semesters, normally consisting of 12 weeks of scheduled teaching and then assessment weeks. The academic calendar can be found at: <http://www.hartpury.ac.uk/uni-termdates/>.

During scheduled teaching you will have a day without timetabled sessions to support you in managing your workload, gaining valuable volunteering and work experience and completing part-time work. Timetables are normally available during registration. Please note that while we make every effort to ensure that timetables are as student-friendly as possible, scheduled teaching can take place at any time between 08:30 to 20:30 Monday to Friday, although Wednesday afternoons are normally reserved for sports and cultural activities. Work placements may entail working on different days and different hours, depending on the opportunity you identify. Part-time students should be advised that as their route is dependent on the full-time course's timetable there is the possibility depending on the modules chosen that the student could be required to attend five days a week.

**Programme Composition:** This programme is comprised of different modules, which focus on specific subjects. The modular structure of the programme gives you flexibility and choice and you can attend introductory sessions for optional modules before having to finally decide which ones you wish to study. We usually offer all optional modules available to students however if we believe that we are unable to offer a high quality student experience (which can be particularly affected by low student demand) then we may make the decision not to offer it. If an optional module will not be run, we will advise you as soon as possible and help you choose an alternative module. Our teaching is informed by research, and modules change periodically to reflect developments in the discipline. These changes are informed by both industry and student consultation.

On completion and passing of these modules you gain academic credit that accumulates towards your award. The marks you gain for these modules in your second year contribute towards your overall award mark and outcome. The modules contain mixture of scheduled learning, independent learning and sometimes learning whilst on work placement. Students will receive a minimum of 15 hours scheduled contact per week in lectures, seminars and practicals in their first year. In subsequent years scheduled contact will vary depending on the modules you select but is typically around 12 hours per week. Students are expected to dedicate at least two to three hours of independent study per contact hour. Students also currently complete 220 mandatory hours of work placement within the sports industry across their two years of study. Much of this programme was designed based on the input of employers and industry professionals to give students a better understanding of what is expected of them as professionals. Some modules may bring in guest lecturers to provide topical and industry-relevant talks.

	<b>Scheduled Contact Learning (%)</b>	<b>Placement Learning (%)</b>	<b>Independent Learning (%)</b>
<b>Year 1</b>	20	7	73
<b>Year 2</b>	20	9	71

## **Year 1**

### **Compulsory modules**

- Learning in the Performance Environment  
Students undertake 80 hours of pre-approved work placement and consider how their experience links to the themes of their programme.
- The Sport and Exercise Professional  
Students will be introduced to academic and research skills whilst working with students from other sports science disciplines and will determine professional needs in preparation for a career in sport and exercise.
- Introduction to Functional Anatomy and Biomechanics  
Students learn the basic anatomical structures and functions of the musculoskeletal system, mechanical principles and apply these to sport and exercise.
- Introduction to Sports and Exercise Psychology  
Learn the key theories in sport and exercise psychology to understand athlete behaviour
- Introduction to Exercise Physiology  
Learning the biological systems used during exercise

## Year 2 Compulsory modules

- Developing the Performance Environment  
Students undertake 140 hours of pre-approved work placement and analyse the needs of the clients, management practices and overall performance environment effectiveness.
- The Sport and Exercise Scientist  
Understand how multidisciplinary teams work together in sport and exercise whilst providing opportunity to evidence continued professional development. In addition, this module introduces students to the methods of research and analysis required for projects in the future.
- Pedagogy in Action  
Students will explore pedagogical theories and learn how to apply these in practical contexts.

### Optional modules:

These generally enable students to delve further into themes covered during their first year including topics such as coaching, sport science and health related areas. Students are also given the chance to develop the research skills necessary to go on to a top-up degree.

**Assessment Method:** You will be assessed through a mixture of written exams, practical exams, written assignments, lab reports, practical portfolios and case studies. Many of the modules will be marked based on a mixture of assessment types, whilst others will be based solely on one type of assessment.

	Written Examination (%)	Coursework (%)	Practical Examination (%)
Year 1	25	37.5	37.5
Year 2	29	59	12

**Discounts and special support associated with enrolling on the programme:** Hartpury also subsidises optional short courses for a reduced cost that give students the opportunity to gain relevant experience and qualifications prior to graduation. These are in addition to the discounts Hartpury usually offers to its students, such as free Wi-Fi on site and Microsoft Office packages etc. There is lots of support available to you whilst you study including allocation of a personal academic tutor that you will meet for 1:1 sessions and other services detailed at:

[www.hartpury.ac.uk/university/facilities/life-at-hartpury/student-support](http://www.hartpury.ac.uk/university/facilities/life-at-hartpury/student-support)

**Costs associated with the programme:** The cost of the programme will be £9250 per year for UK and EU students subject to government approval. We will only increase our fees in accordance with guidelines laid down by OFFA. Whilst studying their placement module students are required to source a suitable placement. As part of the placement approval process a placement provider may request students to complete a DBS check, where a placement provider does not offer to pay for this check, the student will be required to pay for it. Students are required to purchase sports kits which can be bought as a bundle via Hartpury's website for approximately £150.00. Throughout their degree students will also have the opportunity to engage in a number of CPD opportunities arranged through Hartpury. These will run at an additional cost however they are not compulsory. For Part Time costs please refer to the Hartpury Fee policy, at: <http://www.hartpury.ac.uk/about-us/governance-and-policies/governance-and-policies/>

### How do I join a Sports Academy?

If you would like to represent one of the Academy sports at Hartpury in the 2019/20 season then you must become a member of the Sports Academy.

The cost of the Sports Academy Membership fee for a HE student is currently £220 a year (this also includes a free student gym membership for the year).

### How do I purchase Hartpury Sports kit?

Visit the Hartpury online shop which you can access via the Hartpury website at <http://estore.hartpury.ac.uk/>. You can then purchase the kit which is relevant to your course or sport.

For more information on the admissions policy, please visit: <http://www.hartpury.ac.uk/about->

[us/governance-and-policies/governance-and-policies/](#)

This Course Information Sheet is accurate as at 27 February 2019.



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## FdSc Sport Performance

UCAS Code: C604

**Award on completion of programme:** FdSc Sport Performance

**Professional body accreditation:** None

**Location of study:** Hartpury University.

**Length of programme:** Two years full time. Part time options are available.

**Language of the programme:** This programme is taught in English.

### Entry Requirements:

**General:** A minimum of 5 GCSE A\* to C, (or 9 to 4 where numeric grades are being awarded), including English Language and Mathematics.

**A-levels:** Typical offer is CC or equivalent. This must include a minimum of one A Level preferably in a Biological science, Sports Studies or PE subject and excludes General Studies.

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**Timetables:** Both full-time and part-time students on the programme will start in September 2019. This programme is taught over two semesters, normally consisting of 12 weeks of scheduled teaching and then

assessment weeks. The academic calendar can be found at: <http://www.hartpury.ac.uk/uni-termdates/>. During scheduled teaching you will have a day without timetabled sessions to support you in managing your workload, gaining valuable volunteering and work experience and completing part-time work. For the 2018/19 year that day is a Wednesday. Timetables are normally available during registration. Please note that while we make every effort to ensure that timetables are as student-friendly as possible, scheduled teaching can take place at any time between 10:30 to 18:30 Monday to Friday, although Wednesday afternoons are normally reserved for sports and cultural activities. Work placements may entail working on different days and different hours, depending on the opportunity you identify. Part-time students should be advised that as their route is dependent on the full-time course's timetable there is the possibility depending on the modules chosen that the student could be required to attend five days a week.

**Programme Composition:** This programme comprises of different modules, which focus on specific subjects. The modular structure of the programme gives you flexibility and choice and you can attend introductory sessions for optional modules before having to finally decide which ones you wish to study. We usually offer all optional modules available to students however if we believe that we are unable to offer a high quality student experience (which can be particularly affected by low student demand) then we may make the decision not to offer it. If an optional module will not be run, we will advise you as soon as possible and help you choose an alternative module. Our teaching is informed by research, and modules change periodically to reflect developments in the discipline. These changes are informed by both industry and student consultation.

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## **Compulsory Modules**

### **Year 1:**

- Learning in the Performance Environment  
Discuss methods of facilitating participation and sport development. Placement module: 80 hours
- Sports Development and Leadership  
Understand the structure of sport governing bodies and legislation in the UK while developing leadership techniques
- Academic Skills for Sport  
Helps students develop skills to be successful in university
- Introduction to Sports Coaching  
Discuss leadership theories and types of coaching processes and practices
- Introduction to Sports and Exercise Psychology  
Learn the key theories in sport and exercise psychology to understand behaviours
- Fundamentals of Sport Performance  
Applying basic anatomy to performance in sport
- Introduction to Exercise Physiology  
Learning the biological systems used during exercise

**Year 2:**

- Developing the Performance Environment  
Analyse types of performance environments for strengths and weaknesses for different needs.  
Placement module: 140 hours
- Sports Leadership  
Studying theories of leadership and developing themselves as leaders

**Optional modules:**

These generally enable students to delve further into topics covered during their first year. In the past, these have included fitness training and testing, the injured athlete, new venture creation, coaching, health-related exercise, sports nutrition, sports psychology and an optional study trip. Students are also given the chance to develop the research skills necessary to go on to a top-up degree.

**Assessment Method:** You will be assessed through a mixture of written exams, practical exams, written assignments, lab reports, practical portfolios and case studies. Many of the modules will be marked based on a mixture of assessment types, whilst others will be based solely on one type of assessment.

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This Course Information Sheet is accurate as at 13<sup>th</sup> September 2018.