



BSc (Hons)

# Sports Coaching (with Foundation Year)

UCAS Code: **CF00**

Typical offer: **32-48 UCAS tariff points or equivalent**

Duration: **4 years full-time**

Awarding body: **Hartpury University**

Accreditation: **CIMSPA**

**Apply for this course here: <https://www.hartpury.ac.uk/university/courses/undergraduate/bsc-hons-sports-coaching-with-foundation-year/bsc-hons-sports-coaching-with-foundation-year-2024/>**

## OVERVIEW

### Course overview

**Master your trade as a sports coach. Put practical learning first, developing your own coaching style through regular opportunities with school children, and young athletes, as well as performance sports men and women on campus.**

We are a partner of CIMSPA (Chartered Institute for the Management of Sport and Physical Activity). That means, everything you'll learn is taught in line with nationally recognised coaching standards. Graduate industry-ready with the skills you need to be a successful coach.

This foundation year pathway provides an alternative route into degree-level study. It's ideal for those who need to gain subject-specific knowledge and skills in order to progress onto the full BSc Sports Coaching qualification.

Throughout your degree you'll be encouraged to gain real-world experience. Build a diverse portfolio that you can use to evidence your coaching expertise, experience and philosophy to employers when you graduate.

We've got strong links across the sports industry, including with the Football Association and the Rugby Football Union, giving you access to a wide range of coaching opportunities.



With 10 sports academies on site, you won't be short of opportunities to put what you're learning into practice. You could also find yourself gaining experience with local sports clubs, and physical activity organisations.

We'll support you to discover and progress your own coaching philosophy and style. A diverse range of modules will introduce you to differing coaching theories, concepts and practices, aimed at giving you a personal skillset to become an accomplished coach.

## Accreditation

As a partner of CIMSPA (Chartered Institute for the Management of Sport and Physical Activity), our curriculum is underpinned by professional coaching standards.

# WHAT YOU'LL STUDY

## What you'll study

This course covers a broad range of fundamental sports topics through core modules, from teaching and coaching, to sports science, and psychology. In addition to these core topics, you'll have a wide range of optional modules to choose from, allowing you to specialise to suit your interests and career goals.

## Level three foundation year (year one)

Your foundation year will provide you with the foundation knowledge and skills in sport, academic skills and general science.

## COMPULSORY MODULES

### Foundation Skills Development

Gain key skills, including understanding the scientific method, teamwork, research, and effective time management.

### Academic Skills in Practice

Develop skills ready for level 4 study through an internship at Hartpury, linked to your.

### Reviewing Literature

Develop an understanding and knowledge of literature reviews.

### Foundation Biological Principles

Cover fundamental biological aspects, including how organisms function and operate for survival and performance.

## Foundation Sports Science

An introduction to central human anatomy and physiology, its adaption to sport training, and factors that impact the performance of athletes.

## OPTIONAL MODULES

### None

There are no optional modules during this year. Your learning is focused on compulsory modules to ensure you have a thorough understanding of key topics to prepare you for module choices in your subsequent years.

## Level four (year two)

Your first year will focus on introducing you to a broad range of topics, providing you with the skills and knowledge you'll need to begin developing your own coaching identity. Alongside your core coaching module, you'll study physiology, psychology, and sociology topics, as well as developing your academic and professional skills.

## COMPULSORY MODULES

### Coaching and Teaching Portfolio (Theory)

Apply coaching theory to evaluate your own abilities, illustrating your personal development.

### The Sport and Exercise Professional

Learn academic and research skills through work with other sports science disciplines.

### Introduction to Sport and Exercise Psychology

Understand athlete behaviour through key theories in sport exercise psychology.

### Introduction to the Sport Industry

Investigate how participation is influenced by the structure, leadership and organisation of sport.

### Introduction to Exercise Physiology

This module covers the biological systems used during exercise.

### **Comparative Sports Study**

Study how historical and political influences have shaped practices in a chosen sport.

## **OPTIONAL MODULES**

### **None**

There are no optional modules during this year. Your learning is focused on compulsory modules to ensure you have a thorough understanding of key topics to prepare you for module choices in your subsequent years.

## **Level five (year three)**

Alongside your core coaching and academic skills modules, in your second year, you'll start to choose your own path with a choice of optional modules. You could focus on sports business management, sports science, health topics, inclusion, and youth development.

## **COMPULSORY-MODULES**

### **Coaching and Teaching Portfolio (Pedagogy)**

This module focuses on developing learning strategies and evaluating your ability to educate others.

### **Coaching Children**

Use study methods and theories of practice to identify their appropriateness for coaching children.

### **The Sport and Exercise Scientist**

Understand how multidisciplinary teams work together in sport and exercise. An introduction to research methods and analysis required for future projects.

## **OPTIONAL MODULES**

### **Applied Performance Analysis**

Students actively collect, analyse and feedback performance analysis data.

### **Health Related Exercise**

Focus on the exercise techniques designed to improve health.

### **New Venture Creation**

This module allows students to the explore the principles and practices faced by entrepreneurs whilst working through the process of developing a new commercial venture. The assessment offers students the chance to engage with their own new business idea and present to both business professionals and academic staff in a 'dragon's den' style pitch.

### **Sport Psychology**

Learn and apply psychological skills to improve athlete performance.

### **The Inclusive Practitioner**

Students will develop an understanding of inclusive practice within sport, physical activity, and physical education.

### **Youth Physical Development**

This module provides students with the necessary theoretical knowledge and practical application to provide strength and conditioning provision to the youth population for both sporting and health purposes.

## **Level six (year four)**

Your final year allows you to concentrate the topics that interest you most and will support you best in your future career. One module is dissertation, a substantial research project that enables you to experience being responsible for planning, implementing and reporting on a specialist topic. In addition, you'll be exposed to contemporary challenges in the subject area, as well as gaining an insight into where current research and coaching practice is focusing.

## **COMPULSORY MODULES**

### **Sport Research and Knowledge Exchange Project**

Independent research and analysis in a related area of your choice.

### **Coaching and Teaching Portfolio (Reflection)**

Critically reflect on your coaching abilities and how you've developed throughout the programme.

### **High Performing Teams**

Evaluate the leadership and management of sport science support within the performance environment.

## **OPTIONAL MODULES**

### **Contemporary Issues in Sports Education**

Studying what we can learn from professional development in other sectors to develop coaching and teaching practice.

### **Performance Analysis in Practice**

Students apply and evaluate the impact of performance analysis techniques within the coaching cycle.

### **Special Populations**

Students will develop a critical understanding of how exercise can be used to improve health within special populations as well as develop and implement an exercise programme for a client of their choice.

### **Sport and Social Media**

This module allows students to explore the growing influence of social media within the sports industry. Students will also analyse athlete social media content and consider their findings within the context of relevant contemporary research.

### **Sport Psychology in Action**

The purpose of this module is to give students a real picture of sport psychology in action by providing the framework from which psychological techniques can be applied to facilitate psychological and performance outcomes.

Please visit our document library for more module information.

# HOW YOU'LL STUDY

## How you'll study

We're committed to supporting you to fulfil your unique potential.

## Your support network

You'll benefit from a strong support network from day one to be the best you can be. This will range from your personal tutor and specialist academic support team (our Achievement and Success Centre) to dedicated wellbeing and employability (Innovation, Careers and Enterprise) centres.

## Your learning experiences

You'll experience a range of teaching methods to strengthen your digestion of topics, including lectures, workshops and practical sessions, as well as supported work placement learning as part of many courses.

## Your career

Each year of your course will be made up of two semesters, within which you'll study compulsory and optional modules on different industry-focused topics, enabling you to develop your own unique portfolio of knowledge, skills and experience, ready for your career. The course is taught in English.

## Further details

### + Academic support

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You'll have your own personal tutor while you're here who will support you to succeed in your studies. You'll also have access to our academic and wellbeing support teams who run regular workshops and one-to-one sessions on campus and online.

Alongside this, we have a comprehensive bank of online study skills resources to help you make the most of your qualification.

### + Module credits

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On successful completion of your modules you'll gain academic credit that accumulates towards your award. The marks you gain in your second and third years may contribute towards your final degree classification.

### + Teaching modes

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The modules contain a mixture of scheduled learning – lectures, workshops and practical sessions – alongside independent learning. Students are expected to dedicate at least two to three hours of independent study per contact hour. Your course may also include work placement learning as part of some modules.

The Foundation Year includes an internship using Hartpury's on-site facilities and industry links.

Year	Contact learning	Independent learning	Placement learning
Level three (year one)	30%	70%	0%
Level four (year two)	30%	70%	0%
Level five (year three)	24%	76%	0%
Level six (year four)	18%	82%	0%

## + Assessment and feedback

You will be assessed through a mixture of written exams, practical exams and written assignments. 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. Feedback will be given on-line (electronic and oral), and in some cases face-to-face.

Year	Written exam	Practical exam	Coursework
Level three (year one)	28%	44%	28%
Level four (year two)	13%	56%	31%
Level five (year three)	0%	66%	34%
Level six (year four)	13%	28%	59%

## + Timetables

Each year of this course is taught over two semesters, normally consisting of 12 weeks of scheduled teaching and then assessment weeks, with an overview below:

- Scheduled teaching takes place between 8:30 to 20:30 Monday to Friday
- Wednesday afternoons are normally reserved for sports and cultural activities
- Part-time students may need to attend learning activities five days each week, depending on modules selected
- Timetables are available during enrolment week

**View term dates** ►



# EMPLOYABILITY



## Your career

Our course is strongly linked with the local sporting community, providing you with a broad range of opportunities to develop your coaching skills, gain valuable experiences, and developing connections needed for your graduate career.

## Work experience

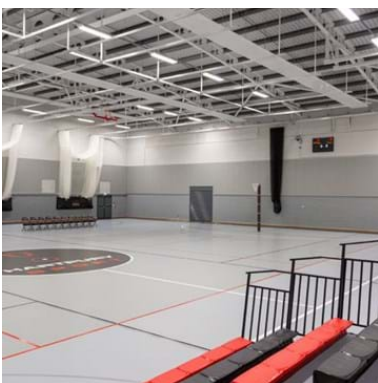
Our performance sports teams offer opportunities for students to gain industry experience ready for their careers. You could get involved with performance analysis, and coaching, as well as management roles. There are also opportunities for you to work with some of our partner sports clubs, schools and organisations. Many students go on to graduate roles with these employers.

## Graduate destinations

Our sports coaching graduates work in a range of sport, exercise, and health and wellbeing areas in the performance, school and community sports sectors. Studying sports coaching also develops the skills needed for other graduate careers. Recent graduate destinations have included:

- Football Coach, Paris Saint Germain
- Rugby coach, Play Rugby USA
- Rowing coach, Canterbury Christchurch College
- Head of Sport, private school
- Sport Development lead, Young Gloucestershire
- Performance Analyst, Gloucester Rugby
- Lecturer, Hartpury College

# FACILITIES



## World-class facilities

You'll have access to a diverse range of facilities while you're here, many of which are newly built and world-class. Alongside lecture halls and workshop spaces, these include:

## Sports facilities

Our new sports hall and 3G football pitch are equipped with state-of-the-art video analysis cameras for live capture of coaching sessions and gameplay. Our £8.8million Sports Academy includes fully equipped Human Performance and Biomechanics Laboratories, as well as an altitude chamber. You'll also have access to grass

pitches, and a golf driving range. We also have indoor and outdoor equine arenas, and a cross country track on campus.

## Laboratories

Our human performance laboratories, biomechanics laboratory, and rehabilitation suite all boast state-of-the-art sports and exercise technology. Students will be encouraged to get hands on using some of the same equipment that is used by professional sports clubs, including Gloucester Rugby, as well as teams in the Premiership and NFL.



## Study spaces

Our University Learning Centre has books, journals, ebooks, computers and breakout study spaces. In addition, we have a Study Lounge – an informal space with sports equipment, study booths and chill-out spaces to support both studying and relaxation.

# ENTRY REQUIREMENTS

## Entry requirements

- **UCAS tariff points** | Typical offer is 32-48 UCAS tariff points or equivalent including a Biological Science, Sports Studies or PE subject.
- **GCSE** | A minimum of five GCSEs at grade 9 to 4, (or A\* to C grades if relevant) or equivalent, to include English Language and Mathematics.
- **A-level** | Typical offer is EE-DD or equivalent. This must include a minimum of two A-levels.
- **Vocational award** | Typical offer is a PPP in an Extended Diploma or equivalent.
- **Access** | Typical offer is 32-48 UCAS tariff points in an Access to Higher Education Diploma to include a minimum of a pass in a Biological Science, Sports Studies or PE module at Level 3 module at Level 3.
- **IB** | Typical offer is 32-48 UCAS tariff points in an IB Diploma, to include a minimum of one Highers at H3 or above. This must also include Maths and English Language at a minimum of Standard Level S3 if equivalent GCSEs have not been obtained.
- **Scottish Highers** | Typical offer is 32-48 UCAS tariff points in Scottish Highers. This must include a minimum of one Advanced Higher.
- **Irish Leaving Certificate** | Typical offer is 32-48 UCAS tariff points in the Irish Leaving Certificate. This must include a minimum of one Highers.

This must also include Maths and English Language at a minimum of Ordinary Level.

- **OCR Cambridge Technical** | Typical offer is a PPP in a Cambridge Technical Extended Diploma in a relevant subject.
- **T Level** | Typical offer is Pass in your T Level overall grade in a relevant subject.
- We welcome students with equivalent qualifications. Please contact us to discuss.
- We may interview mature applicants and those with non-traditional qualifications to ensure this is the right course for you.

- Previous learning towards a university-level qualification or relevant work experience may count as credit for this course.
- Please contact us for further information:

[Email us](#) ▶

## FEES AND FUNDING

### Tuition fees and financial support

Please visit our finance page for information on tuition fees and student loans, as well as non-repayable grants, bursaries and scholarships, eligible to different groups, to support with study costs.

[Explore student finance](#) ▶

Below, you'll find extra costs associated with studying this course.

#### Clothing and footwear

Students have an option to purchase sports kits which can be bought as a bundle via Hartpury's website for approximately £150.00. Students are encouraged to engage in various trips and visits as part of the programme. A comprehensive package of non-repayable financial support is available to facilitate engagement with placements and study tours / trips where additional costs are involved.

[Visit Hartpury shop](#) ▶

#### Performance Sports Academy membership

Find out costs and details for joining one of our performance Sports Academy teams.

#### Hartpury gym

Find out about costs and details for joining the Hartpury gym.

#### Accommodation and living costs

Please visit our student accommodation page for details.

[Explore accommodation](#) ▶



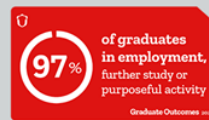
## Top 10

We're in the Top 10 UK universities for teaching quality (The Times and The Sunday Times Good University Guide, 2023)



## Academic Support

We've been named as the top university in England for academic support (National Student Survey, 2023)



## 97%

of our graduates are in employment or further study (Graduate Outcomes, 2023\*)

### HOW TO APPLY

You can apply for the BSc (Hons) Sports Coaching degree course via UCAS.

### FURTHER COURSE DETAILS

For further details about this course, including the programme specification and module descriptions, please visit our document library.

### Important information

Every effort has been made to ensure the accuracy of our published course information, however our programmes are reviewed and developed regularly. Changes or cancellation of courses may be necessary to ensure alignment with emerging employment areas, to comply with accrediting body requirements, revisions to subject benchmark statements or as a result of student feedback. We reserve the right to make necessary changes and will notify all offer-holders of changes as and when they occur.

\*Reflects activities after 15 months for those who graduated in 2021.

## CONTACT US

### ADDRESS

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- <https://www.facebook.com/hartpury>



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