

Sports Coaching (with Foundation Year)

BSc (Hons)

Refine your skills as a sports coach through hands-on learning and develop your unique coaching style. You'll benefit from unparalleled opportunities to advance your coaching techniques within our on-site sports academies, as well as through collaborations with our partner sports clubs.

We're 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.

[Apply now via UCAS](#)

Key Information

Course Duration: 4 years full-time

UC UCAS Code: CF00

Part or Full Time: Full Time

Level of Study: Foundation Year Degrees

Typical Offer: 32-48 UCAS tariff points or equivalent

Course information

[Download a PDF](#)

Overview Entry requirements Employability How you'll study

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.

- **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](#)

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

[Success Stories](#)

We're committed to supporting you to fulfil your unique potential, which is why you'll receive a minimum of 15 hours of scheduled teaching time per week in your first year - this is 25% above the UK average.

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.

Academic support

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.

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.

Modules

Overview Level three foundation year (year one) Level four (year one) Level five (year two) Level Six (year three)

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.

Module credits

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.

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

Compulsory Modules

Academic Literacy for University Studies

Understand and explore topics including the scientific method and enquiry, team working, research skills, and effective time management.

Professional Development in Practice

An opportunity to explore graduate destinations associated with your programme of study, building a portfolio of experiences aiding your professional development.

Exploring Current Concepts

Develop understanding and knowledge of literature reviews including constructing a rationale and summarising and presenting relevant information to suit a purpose, subject and audience.

Principles of Sports Science

An introduction to central human biology, anatomy and physiology and its adaption to sport training. The module will explore the psychological and physiological factors that impact the performance of athletes.

Business Enterprise and Management

This module covers the learning and understanding of the balance of theory and practice in contemporary business practice; an appreciation of the complexity of modern organisational environments and the critical role of enterprise and innovation.

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.

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 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.

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.

Teaching modes

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)	24%	76%	0%
Level four (year two)	26%	74%	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)	15%	35%	50%
Level four (year two)	13%	56%	31%
Level five (year three)	0%	66%	34%

Level six (year four)	13%	28%	59%
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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](#)

Fees and funding

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.

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 for approximately £150. 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.

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.

[Fees & Finance](#)

Further course details

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

[Resource library](#)

Academies

If you're playing sport competitively, or you have the talent and drive to do so, you may want to join one of our Sports Academies. Over 200 international athletes have developed their talents with us over the past 10 years. You could be our next success story. We're a semi-professional sports environment offering world-class facilities and professional coaching and support services.

Accommodation

Settle into an accommodation option to suit your taste and budget – at Hartpury University, undergraduate students can choose to live on-campus surrounded by Gloucestershire's beautiful countryside or off-campus in the heart of Gloucester City centre. Enjoy the best of both worlds.

Finance

We can help you understand how it all works, and what you need to do next. Find out everything you need to know about tuition fees, student loans and bursaries and scholarships. In 2021/22, we provided assistance to over 1/3 of our students through bursaries, scholarships and grants, totalling a little under £1million.

TEF Gold

Our undergraduate provision has been awarded Teaching Excellence Framework (TEF) Gold in all aspects - Overall, Student Experience, and Student Outcomes.

Teaching quality

Ranked in the top 10 universities for teaching quality (The Times and The Sunday Times Good University Guide, 2024).

Graduate employability

97% of our graduates are in employment, further study or other purposeful activity (Graduate Outcomes, 2023).

Academic support

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

CIMSPA-endorsed

This degree programme is endorsed by the Chartered Institute for the Management of Sport and Physical Activity

Become a game changer

World-class sports facilities

Develop hands-on expertise and undertake research in our over £10 million Sports Academy, enabling our students to learn using some of the most advanced technologies in the UK.

With access to specialist laboratories, gyms and pitches, you'll explore new ways to improve health and fitness for everyone – from elite athletes to school children.