

BSc (Hons)

Sports Coaching (with Foundation Year)

Develop your coaching expertise with a programme tailored to your career ambitions. In year two you'll choose between Community Coaching or Performance Coaching, allowing you to specialise in the area that aligns with your goals.

Gain hands-on experience through our on-site sports academies and partnerships with leading sports organisations, where you'll refine your coaching style in real-world settings. Our curriculum is endorsed by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity), ensuring your learning meets nationally recognised coaching standards.

Graduate industry-ready with the practical experience, knowledge, and professional skills needed to succeed in a dynamic and evolving coaching landscape.

Enrolment year: 2026 ▼

Key Information

Course Duration: 4 years full-time

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

Overview

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.

Gain real-world coaching experience throughout your degree. Build a diverse portfolio that showcases your expertise, experience, and personal coaching philosophy - giving you a competitive edge when you graduate.

We have strong industry connections and partnerships with local and national sports organisations, offering a wide range of coaching opportunities to enhance your practical experience.

With 10 on-site sports academies, you'll have plenty of chances to put your learning into practice. You'll also have opportunities to gain hands-on experience with community sports clubs, schools, and physical activity organisations.

Our programme is designed to help you develop your own coaching style. Through a diverse range of modules, you'll explore coaching theories, concepts, and practical applications, preparing you to work in both community and performance coaching settings.

Accreditation

As a CIMSPA-endorsed degree, our curriculum is underpinned by professional coaching standards, ensuring you graduate ready for a successful career in sports coaching.

Entry requirements

UCAS tariff points | 32-48 UCAS tariff points.

A Levels | EE-DD or equivalent from at least one full A Level.

Vocational Awards | PPP in an Extended Diploma.

Access | 32-48 UCAS tariff points in an Access to Higher Education Diploma.

International Baccalaureate | 32-48 UCAS tariff points in an IB Diploma, to include one Higher at H3 or above.

Scottish Highers | 32-48 UCAS tariff points from at least one Higher. You must have completed two years study at Higher Level.

Irish Leaving Certificate | 32-48 UCAS tariff points from at least one Higher.

T Level | An overall grade of Pass.

Additional Information

In addition to the above, we require a minimum of five GCSEs at grade 9-4 (A*-C), to include English and Maths. We will consider equivalencies including but not limited to functional skills level 2, Irish Ordinary level, National 5s, IB standard level.

We will consider combinations of level three qualifications.

We welcome applications from individuals with equivalent, non-UK qualifications and mature students (over 21). We may interview as part of the application process.

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

How you'll study

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

What you'll study

This course provides a comprehensive foundation in sports coaching, covering core topics such as coaching pedagogy, sport science, psychology, and professional development.

You'll have the opportunity to specialise in either Community Coaching or Performance Coaching, selecting modules that align with your interests and career aspirations. These pathways allow you to tailor your learning experience, whether you're passionate about coaching in community settings or working with high-performance athletes.

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.

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

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.

Level four (year one)

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

Apply coaching theory to practice, evaluating your abilities.

Principles of Strength and Conditioning

Focuses on the basics of performance training, and its physiological effect on the body.

Introduction to Exercise Physiology

Begin to understand the biological systems used during exercise.

Introduction to Sport and Exercise Psychology

Understand athlete and exerciser behaviour through key theories in sport and exercise psychology.

Introduction to the Sport and Education Industries

An introduction to industry skill development via an industry facing module, which enables a student to learn through an authentic learning experience with real-world examples. Students will engage in real-world, practical experiences that mirror professional coaching and teaching environments, where they will develop the skills and knowledge to plan, deliver and evaluate high quality teaching and coaching.

Academic Skills for Sport and Exercise Scientists

This module will allow you to develop a range of key academic and professional skills which will be invaluable for success in your studies, and serve as ideal preparation for a future career in sport.

Research and Data Skills in Sport

During this module you will develop a wide range of fundamental research and data analysis skills, ensuring that you are well-prepared to apply these skills across a range of other modules later in your programme and for your future career in sport.

Level five (year two)

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

Pedagogy in Action 1

This module provides students with opportunities to analyse how theoretical concepts can inform coaching and teaching by deconstructing examples from practice.

Developing the Professional Profile

This module provides students with the opportunity to gain practical experience within a professional setting relevant to their field of study. Placement aims to enhance student employability skills, knowledge and understanding of industry whilst developing their professional identity.

The Sport and Exercise Scientist

Understand research methods and analysis in sport and exercise science required for future applied and research projects.

The Sport and Exercise Researcher

Understand research methods and analysis in sport and exercise science required for future applied and research projects.

Coach Mentoring

This module explores theories and models of coach mentoring to support the development of coaching competencies in sports coaching contexts.

Optional Modules - choose your pathway

Community Coaching Pathway

Community Sport

This module explores community sport's impact on health, inclusion, and economy, applying development principles, policies, and stakeholder engagement to design and evaluate inclusive programmes.

Coaching Children

Both academia and industry consistently emphasise the importance of providing aspiring coaches and teachers with opportunities to apply theory to practice whilst working with a group of children. The module content and assessments are meticulously aligned to ensure that students can translate classroom learning into real-world action. Through a variety of hands-on teaching experiences, students will effectively implement teaching and learning strategies, applying a broad and balanced curriculum to enhance their practical skills and theoretical understanding.

Performance Coaching Pathway

Applied Performance Analysis

Students actively collect, analyse and feedback performance analysis data.

Sport and Exercise Psychology

Learn and apply sport and exercise psychological concepts to improve athlete performance and wellbeing.

Level Six (year three)

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

Applied Coaching Concepts

This module allows experienced Level 6 student coaches to continue to refine their practice and academic skills whilst considering future career aspirations and professional development needs by relating theory to their own distinct coaching practice.

Professional Development in Sport

This module will provide opportunities for students to explore and reflect upon professional development needs of the industry and critically reflect upon their own personal and professional needs to enhance their future employability.

Sport Research Project

Your opportunity to independently research a topic related to your programme of study and develop a range of graduate skills.

Optional Modules

Community Coaching Pathway

Sport for Development

The module looks at the role of coaching and sport as a catalyst for social change, focusing on its impact on athlete outcomes in alternative provision settings.

Contemporary Issues in Sport and Education

This module explores the intersection of contemporary sport policies, inclusive practices, and ethical considerations, while integrating evidence-based teaching and coaching approaches to support professional development and reflective practice in diverse contexts.

Performance Coaching Pathway

Performance Analysis in Practice

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

High Performing Teams

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

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)	24%	76%	0%

Level five (year three)	23%	74%	3%
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%	34%	53%
Level five (year three)	0%	38%	62%
Level six (year four)	0%	47%	53%

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

Our [Resource Library](#) is where you'll find all the essential details about Hartpury University's courses. It includes *Programme* and *Module Specifications*, along with *Course Information Sheets* for every course. You can easily download a complete revision history for each of these, clearly showing the dates changes were made.

Course Information Sheets: These are PDF versions of the course webpages. They provide an overview of the course, what to expect during your studies, and the topics covered.

Programme Specifications: These are detailed, validated documents containing academic specifics for each programme. They include descriptions of the programme, its aims, learning outcomes, year and module structure, as well as teaching, learning, and assessment strategies.

Module Specifications: Each Programme consists of several Modules. Our Module Specifications outline the topics covered and the expected outcomes for students studying each Module.

Resource library

94% of students say
teaching staff have

For **more** official course
information visit
Discover Uni

supported their**"foundation year"**

Data for Sports Coaching (with foundation year) (Full time) at Hartpury University

[See course data](#)

"Being immersed in a high performance environment at Hartpury, both academically and practically, you develop a mindset that allows you to push yourself to perform at a higher level. That ethos and culture has helped me to take the path that I'm on now."

Dan Holloway, Nike Football UK Head Coach

Get in touch

Ask us a question, or enter your details to be kept up-to-date with news and events from Hartpury University.

Full Name *

First name

Last name

Home country *



What year are you planning to start your studies? *



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Meet our academic team

Get to know our dedicated and passionate teaching staff who'll help you achieve your very best. We're proud to have been awarded Gold in all three areas of the Teaching Excellence Framework (TEF): Overall, Student Experience, and Student Outcomes. This places Hartpury University in the top 15% of published institutions in England. Plus, we're ranked sixth in the UK for Teaching Quality, in The Times and Sunday Times Good University Guide 2025.

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.

