

**PROGRAMME SPECIFICATION**

for the award of

**FdSc Sports Science with Sports Coaching Education**

**Managed by the Faculty of Health and Life Sciences**

**delivered by Bridgwater and Taunton College**

<b>Date approved:</b>	July 2019
<b>Applies to students commencing study in:</b>	September 2019

**RECORD OF UPDATES**

<b>Date amended*</b>	<b>Nature of amendment**</b>	<b>Reason for amendment**</b>

## SECTION 1: GENERAL INFORMATION

<b>Awarding body:</b>	Oxford Brookes University
<b>Teaching institution and location:</b>	Bridgwater & Taunton College Taunton Campus, Wellington Rd, Taunton TA1 5AX
<b>Language of study:</b>	English
<b>Final award/s:</b>	FdSc
<b>Programme title:</b>	Sports Science with Sports Coaching Education
<b>Interim exit awards and award titles available:</b>	CertHE Sports Science with Sports Coaching Education
<b>Brookes course code:</b>	BW23
<b>UCAS code:</b>	C605
<b>JACS code:</b>	C600
<b>Mode of delivery:</b> (Mode of Study given in brackets)	Face to face/on-campus
<b>Duration of study:</b>	2 years full-time (4 years part-time)
<b>Subject benchmark statement/s which apply to the programme:</b>	N/A
<b>Professional accreditation attached to the programme:</b>	N/A
<b>University Regulations:</b>	The programme conforms to the University Regulations for the year of entry as published/archived at: <a href="http://www.brookes.ac.uk/regulations/">http://www.brookes.ac.uk/regulations/</a>  Specific Regulations (B1) for Foundation Degrees ( <a href="https://www.brookes.ac.uk/regulations/current/specific/b1/">https://www.brookes.ac.uk/regulations/current/specific/b1/</a> ) also apply.

## **SECTION 2: WHY STUDY THIS PROGRAMME?**

The Sports Science with Sports Coaching Education programme is an exciting subject area that provides students with the opportunity to develop knowledge and skills in a context they find both interesting and stimulating. The programme is designed to provide students with a sound grounding in the scientific method within the context of Sports Science. The programme on offer at Bridgwater and Taunton College develops many skills that employers are looking for. In particular, we offer students a range of work-based opportunities including the opportunity to work with our Team BTC in a variety of roles. Team BTC is made of two strands, performance and active. The performance strand is the elite and competitive teams and sports for under 19 year old students. They apply and have trials to ensure suitable performance level. This group of students, across seven sports, represent Bridgwater and Taunton College at competitive sports including British Colleges Sports. Students also have the opportunity to play in the BUCS leagues with teams for football and rugby and to enter any individual sports.

The active strand is based on enrichment opportunities and aims to provide a sporting experience for all students across all curriculum at Bridgwater College. There are a group of college activators who help manage and run these activities and these previously have been higher education students.

The two strands of the programme allow for students to choose to focus slightly more either on Sports Coaching Education, or Sports Science, through electives. The assignments also allow for students to demonstrate their area of specialism by the focus of a coaching perspective or a scientific approach. The course also addresses the use of sports science in supporting sports coaching education and the role of one strand supporting and informing the other.

Consequently, our graduates are well versed in the scientific method through the medium of sports science and sports coaching education. An evidence based approach to enquiry is a skill sought by employers, particularly when it is accompanied by an awareness of the workplace and professional practise, which is also a focus of our undergraduate provision, and is enabled through the completion of work placements throughout the programme.

### **2.2 Aims of the programme**

The purpose of the Foundation Degree in Sports Science with Sports Coaching Education is to supplement the knowledge and skills developed through sports science and coaching with a wider appreciation and understanding of the role science plays in the industry and to develop further skills relevant to the wider aspects of working as a sports coach. In addition, the programme aims to:

- Facilitate work-related learning by providing opportunities for students to relate their programme of study to their existing practice
- Draw on a wide range of intellectual resources, theoretical perspectives and academic disciplines to help illuminate students' understanding of coaching frameworks, the related role of sports science and the impacts they can have on coaching practice
- Develop skills to allow learners to monitor and evaluate sporting performance and coaching through the knowledge of sports science and how it supports coaching.
- Develop understanding of performance in sport and coaching and its enhancement through analysis and monitoring
- Develop an understanding and a critical appreciation of the variables involved in sports coaching
- Develop scientific skills required to formulate, study and interpret human responses to coaching and other sports science disciplines
- Provide an awareness of the dynamic nature of the subject resulting from rapid modern developments in research findings, technological developments and applications
- Provide a range of teaching and learning experiences to help focus student career aspirations and decision making as responsible members of society
- Enable learners to operate effectively as coaching professionals in a dynamic and constantly evolving industry
- Develop work readiness skills to be better able to gain suitable employment.
- Enable learners to gain suitable work experience opportunities to maximise understanding of the world of work.

- Undertake a number of work placements to be able to implement and improve on work based skills and attributes.

## **SECTION 3: PROGRAMME LEARNING OUTCOMES**

On successful completion of the programme, graduates will demonstrate the following Brookes Attributes:

### **3.1 ACADEMIC LITERACY**

- Apply extensive knowledge of a range of scientific and pedagogic disciplines to sports science and sports coaching education.
- Understand a range of mechanical and physiological aspects pertaining to the body, and how these affect its movement and performance
- Analyse and synthesise a range of pertinent subject information, which contribute to being an effective Sports Scientist or Sports Coach
- Demonstrate a range of transferable reading and writing skills pertinent to the subject disciplines
- Recognise synergistic aspects of Sports Science and Coaching, and integrate them together when appropriate to inform practice
- Demonstrate an understanding of the different styles, roles and knowledges related to Sports Science and Coaching Education

### **3.2 RESEARCH LITERACY**

- Apply acquired knowledge to design, implement and analyse appropriate solutions to work-related issues within the Sports Science and/or Coaching disciplines
- Search for, and critically review current research in Sports Science and Coaching Education, and the implications in applied settings
- Demonstrate effective problem-solving skills within the academic and working environment
- Demonstrate an awareness of the dynamic nature of the subject knowledge, and how this may impact on practice

### **3.3 CRITICAL SELF-AWARENESS AND PERSONAL LITERACY**

- Reflect on your own practice and identify areas of strengths and weakness, as well as avenues for personal development
- Work independently and collaboratively with individuals in different roles to complete a range of projects
- Build relationships with and develop an understanding of relevant professional bodies and employers

### **3.4 DIGITAL AND INFORMATION LITERACY**

- Collate, analyse, synthesise and present data collected throughout the programme in a range of formats
- Demonstrate competencies and confidence in using a range of mobile and electronic devices and programmes related to Sports Science and Coaching Education

- c. Make use of a range of word-processing, presentation and spreadsheet programmes to report information

### 3.5 ACTIVE CITIZENSHIP

- a. Promote ethical practice in Sports Science and Coaching Education
- b. Understand the complexities of working within a diverse field, and operate as an ethical and responsible member of that field
- c. Confidently and professionally challenge the behaviour and practices of others that are discriminatory and/or reinforce prejudice
- d. Be aware of and adhere to industry standard ethical and behavioural practices.

## SECTION 4: CURRICULUM CONTENT & STRUCTURE

### 4.1 PROGRAMME STRUCTURE AND REQUIREMENTS:

Code	Module Title	Credits	Level	Status	Coursework: Exam ratio
BWC0101	Academic & Research Enhancement	4	15	Compulsory	100:0
BWC0102	Exercise Physiology & Anatomy	4	15	Compulsory	100:0
BWC0103	The Sports & Exercise Practitioner	4	15	Compulsory	100:0
BWC0104	Skill in Sport: Learning & Mechanics	4	15	Compulsory	100:0
BWC0105	Introduction to Sociology of Sport	4	15	Compulsory	100:0
BWC0106	Coaching: Theory to Practice	4	15	Compulsory	100:0
BWE0107	Introduction to Nutrition	4	15	Elective	100:0
BWE0108	Measurement & Meaning	4	15	Elective	100:0
BWE0109	Effective Coaching Practice	4	15	Elective	100:0
BWC0210	Principles of Training for Sport & Exercise	5	15	Compulsory	100:0
BWC0211	Applied Sport & Exercise Physiology	5	15	Compulsory	100:0
BWC0212	Research Methods for Sport & Health	5	15	Compulsory	100:0
BWC0213	Sports Development	5	15	Compulsory	100:0
BWC0214	Sports Psychology	5	15	Compulsory	100:0
BWC0215	Coaching: Theory to Practice 2	5	15	Compulsory	100:0
BWE0216	Motivating Health Behaviour	5	15	Elective	100:0
BWE0217	Global & Cultural Studies	5	15	Elective	100:0
BWE0218	Sport & Exercise Biomechanics	5	15	Elective	100:0

### 4.2 PROGRESSION AND AWARD REQUIREMENTS

Progression and award requirements follow section B1 of the University regulations (<https://www.brookes.ac.uk/regulations/current/specific/b1/>)

### 4.3 PROFESSIONAL REQUIREMENTS

NA

## SECTION 5: TEACHING AND ASSESSMENT

There are a variety of teaching and learning methods throughout the programme ranging from lectures to seminars and practical sessions. All modules will make use of Blackboard, the College's Virtual Learning Environment (VLE). This will be for additional learning materials outside of lessons and assignment submissions.

There are also a variety of assessment methods such as essays, reviews, scientific reports, posters and oral presentations. Reflective learning is encouraged through the use of self, peer or staff formative feedback on assignments, group work, project work and reflective diaries.

You will also be required to undertake a number of suitable work placements throughout the programme. These will enable you to gain a better understanding of theory in practice and to be better employment ready through knowledge and experience of the workplace and of work readiness skills. The FdSc student handbook covers these in more detail.

To enable you to develop suitable skills we have links with a variety of local employers across the sports coaching and sports science industry including private coaching companies, public sector based organisations and the not for profit industry. These employers will be able to offer work placements and will be involved in some selected delivery roles. They may also be present for student presentations to provide feedback that is suitably focussed on the skills and requirements of employers, .

Co-ordinated implementation of the University's Assessment Compact is designed to ensure that students' progress towards meeting programme outcomes while experiencing diversity and balance in assessment practice within and between modules and equity in module workloads. The programme area is committed to providing students with clear assessment criteria, and useful and timely feedback on all their work. The quality of academic provision for students will continue to be assessed regularly by programme teams, principally through student evaluation of each module, and through critical evaluation of the annual external examiner reports.

All modules provide opportunities for students to apply theoretical principles and research findings to their work as sports coaches. Articles from primary research journals are featured in student reading lists and students are encouraged to use primary research journals, alongside academic text books, in preparing assignments.

The programme handbook provides a commentary for students on how the Graduate Attributes are developed through the programme and will be discussed during induction and students will be supported and advised in the achievement of these and their own personal development.

## **SECTION 6: ADMISSION TO THE PROGRAMME**

### **6.1 ENTRY REQUIREMENTS**

Each application will be considered on an individual basis following the University principle of widening access to those who might not have the traditional academic entry criteria to degree level awards.

Normally the requirement would be:

A minimum of 64 UCAS tariff points from a full Level 3 qualification in a relevant subject and at least 4 GCSEs at grades A\*-C including Maths and English and Science or Level 2 equivalent.

In addition, the following English Language requirements apply:

Where applicable; IELTS normally minimum level 6.0 overall with a minimum of 6.0 in the reading and writing components, and 5.5 in speaking and listening

Mature applicants with relevant experience who do not have the stated entry requirements are encouraged to apply.

### **6.2 DBS AND OTHER PRE-COURSE CHECKS REQUIRED**

It will be the responsibility of the student and their employer/ voluntary organisation to arrange DBS checks, where students are working with young people and vulnerable adults. Bridgwater and Taunton College will ensure that DBS checks have been carried out.

### **6.3 JOB ROLE/EMPLOYER PROFILE (DEGREE AND HIGHER APPRENTICESHIPS)**

NA

## **SECTION 7: PREPARATION FOR EMPLOYMENT**

The programme has been designed in collaboration with relevant stakeholders, including Bristol City FC, Yeovil Town FC, Bridgwater Town FC, Bridgwater & Albion RFC, Team BTC, Somerset County Cricket Club, Lloyds Bank, SASP (Somerset Active Sports Partnership). Visiting speakers will help further enhance student understanding of the requirements of contemporary employment.

Graduating students typically enter employment within areas such as: teaching (primary, secondary and further education), Sports Science support, the fitness industry, community coaching, elite coaching and personal training. The programme enables the students to experience some of these potential career pathways and to gauge a better understanding of the Sports Science and Coaching industry.