

<b>1. Qualification</b> BSc (Honours)	<b>2. Programme Title</b> Sports Science and Coaching	<b>3. UCAS Code</b> C600	<b>4. Programme Type</b> Single subject, FT, PT
<b>5. Main Purposes and Distinctive Features of the Programme</b>			
<ul style="list-style-type: none"> <li>i To develop focussed, multi-disciplinary knowledge and understanding of Sport Science and Coaching.</li> <li>ii To provide the opportunity to develop knowledge and understanding of Sport Science and Coaching in a vocational context.</li> <li>iii To develop the research skills necessary for scientific investigation of Sport and Exercise Science.</li> <li>iv To develop general transferable skills in preparation for graduate employment.</li> <li>v To develop a positive disposition toward and the skills for life long learning and Personal Development Planning.</li> </ul> <p><b>Special Features</b></p> <ul style="list-style-type: none"> <li>i Opportunity for a period of work placement.</li> <li>ii Opportunity for applied course work.</li> <li>iii Opportunity for extra curricular activity of vocational relevance.</li> </ul>			

<b>6. What a graduate should know and be able to do on completion of the programme</b> (Objectives and Learning Outcomes)	
<p>To gain the qualification the learner will have demonstrated: i) subject knowledge and understanding ii) cognitive skills iii) discipline related practical and professional skills and iv) other general skills and capabilities as specified in the learning objectives/outcomes for approved modules in the programme. Further details of module objectives and outcomes can be found in the programme document.</p>	
<p><b>Knowledge and understanding in the context of the subject(s)</b></p> <ul style="list-style-type: none"> <li>i. Demonstrate knowledge and understanding of the principles and theories of sports science and coaching.</li> <li>ii. Demonstrate knowledge and understanding of the human response to participation in sport and physical activity.</li> <li>iii. Demonstrate knowledge and understanding of the role of the sports scientist and sports coach in enhancing sports performance.</li> <li>iv. Demonstrate an awareness of the vocational context of sports science and coaching.</li> <li>v. Understand the design, implementation and evaluation of research.</li> </ul> <p><b>Cognitive skills</b></p> <ul style="list-style-type: none"> <li>i. Demonstrate the capacity for critical reasoning and analysis.</li> <li>ii. Be able to synthesise data/information and appropriately interpret research findings.</li> <li>iii. Be able to discriminate between and evaluate theories.</li> <li>iv. Be able to apply sports science and coaching theory and principles to the evaluation and solution of problems and issues.</li> </ul>	<p><b>Subject specific practical/professional skills</b></p> <ul style="list-style-type: none"> <li>i. Communicate effectively with a variety of audiences (peers/colleagues, clients, industry professionals).</li> <li>ii. Measure and evaluate performance in an appropriate fashion in the laboratory and field.</li> <li>iii. Design, implement and evaluate coaching and training programmes.</li> <li>iv. Use laboratory and field equipment safely and competently.</li> <li>v. Meaningfully present information in a variety of forms.</li> <li>vi. Demonstrate a responsible attitude toward your own personal, academic and career development (PDP).</li> </ul> <p><b>Other skills (key/transferable) developed in subject or other contexts</b></p> <ul style="list-style-type: none"> <li>i. Capacity to learn and investigate.</li> <li>ii. Communicate effectively in formal and informal environments using a variety of means.</li> <li>iii. Self-management skills.</li> <li>iv. Numerical and quantitative skills.</li> <li>v. Competence in the use of information technology.</li> <li>vi. Ability to work independently or as part of a group.</li> </ul>

<b>7. Qualities, Skills and Capabilities Profile</b>			
<b>A Cognitive</b>	<b>B Practical</b>	<b>C Personal &amp; Social</b>	<b>D Other</b>
Critical reasoning Powers of analysis Integration/synthesis of knowledge Applied and theoretical problem solving Understanding/application of concepts and theory	Laboratory skills Field work skills Research skills Information processing Writing skills Numerical skills Presentation Skills Vocational skills	Independence/self reliance Self motivation Organization and time management Team work Enterprise and resourcefulness Effective learning skills Communication skills	Awareness of contemporary Issues in Sports Science and Coaching Work based skills

## 8. Subjects Studied, Levels Credits & Qualifications

(Duration and structure of programme / modes of study / credit volume of study units)

3 years full time, 4½ - 8 years part time, organised on a 2 semester per year basis. Full time students would take three modules per semester, part time students would normally take two modules per semester.

	Core Modules	Option Modules	
Level HE6	<ul style="list-style-type: none"> <li>• Sport and Exercise Science Project Module (40 Credits)</li> <li>• Performance Planning and Analysis</li> <li>• Applied Interdisciplinary Practice</li> <li>• Work Experience</li> </ul>	<ul style="list-style-type: none"> <li>• Applied Sports Training Principles</li> <li>• Fitness Testing and Exercise Prescription</li> <li>• Applied Sports Psychology</li> <li>• Applied Exercise Psychology</li> </ul>	Bachelor Honours Degree 360 credits with a minimum of 120 credits at level H3
Level HE5	<ul style="list-style-type: none"> <li>• Sport and Exercise Physiology</li> <li>• Sport and Exercise Psychology</li> <li>• Sport and Exercise Nutrition</li> <li>• Sport and Exercise Biomechanics</li> <li>• Effective Coaching</li> <li>• Research Methods in Sport and Exercise Science 2</li> </ul>		HE Diploma 240 Credits with a minimum of 120 credits at level H2
Level HE4	<ul style="list-style-type: none"> <li>• Introduction to Sport and Exercise Physiology</li> <li>• Introduction to Sport and exercise Psychology</li> <li>• Introduction to Sport and Exercise Biomechanics</li> <li>• The Coaching Process</li> <li>• Coaching Practice</li> <li>• Research Methods in Sport and Exercise Science 1</li> </ul>		HE Certificate 120 Credits

## 9. Learning, Teaching & Assessment Strategy

### Learning and Teaching Methods

A range of teaching and learning methods will be used including Lectures; Tutor and Student led Seminars; Practical laboratory and field work. Self directed study will be promoted through the use of projects based in the Institute and the community. Support will be provided through tutorials and directed reading.

### Assessment Methods

Assessment tasks are linked directly to the learning outcomes of each module. Assessment will be by a combination of in course work and end of semester assessment. Assessment methods will include: Closed Book Examinations; Essays; Scientific Reports; Oral and Poster Presentations; Laboratory Reports; Case Study Analysis; Projects and Dissertation.

### Assessment Classification System

Pass mark for individual assessments = 40%  
All assessments for a module must be completed to a minimum pass standard.  
Final degree classification based on 30% of the best 4 out of 6 modules at level HE5 and 70% of all modules at level HE6 and profile information for marginal candidates.

### Honours Classification Bands

(Marginal criteria operate within final 2% of each category)

70% - above	First Class
60% - 69%	Upper Second Class
50% - 59%	Lower Second Class
40% - 49%	Third Class
35% - 39%	Borderline Fail
Below 35%	Clear Fail

## 10. Other Information

### Date Programme First Offered

The programme will be offered from September 2006.

### Admission Criteria

#### *Standard Entry*

2 GCE A/AS level passes with 160 points (C,C) including 2 A2 passes [with at least one in a science or Physical Education] plus 5 subjects at GCSE with grade C or above to include English Language and Mathematics or an equivalent EU, Scottish or Irish qualification, appropriate GNVQ or Edexcel/BTEC qualification also to include a science.

Holders of an appropriate HND may be considered for exemption from part I and direct entry into part II.

#### *Non Standard Entry*

Applications dealt with on an individual basis by admissions tutor. May require an interview and/or diagnostic test.

### Indicators of Quality and Standards

Proposal developed in consultation with external advisory group and incumbent external examiner.

Proposal developed with due consideration given to QAA Benchmark Standards – Hospitality, Leisure, Sport and Tourism, and British Association of Sport and Exercise Sciences undergraduate endorsement scheme.

Submitted for validation by panel July 2005.

## BSc (Hons) Sports Science and Coaching Curriculum Outcomes Map

Module	C/O	A1	A2	A3	A4	A5	B1	B2	B3	B4	C1	C2	C3	C4	C5	C6	D1	D2	D3	D4	D5	D6
<b>Level HE4</b>																						
Introduction to Sport & Exercise Physiology	C	X	X									X		X					X		X	
Introduction to Sport and Exercise Psychology	C	X	X									X		X								
Introduction to Sport and Exercise Biomechanics	C	X	X									X		X								
The Coaching Process	C	X		X							X			X								
Coaching Practice	C	X		X									X					X		X		
Research Methods in Sport & Exercise Science 1	C	X			X		X	X						X			X	X	X	X	X	X
<b>Level HE5</b>																						
Sport & Exercise Physiology	C	X	X		X		X	X	X			X		X								X
Sport & Exercise Psychology	C	X	X		X		X	X	X			X		X								X
Sport & Exercise Biomechanics		X	X		X		X	X	X			X		X								X
Sport and Exercise Nutrition	C	X	X		X		X	X	X		X	X		X								X
Effective Coaching	C	X		X			X	X	X		X	X		X								X
Research Methods in Sport & Exercise Science 2	C	X			X		X	X	X					X					X	X	X	X
<b>Level HE6</b>																						
Sport & Exercise Science Project	C	X					X	X	X		X	X		X			X	X				
Performance Planning and Analysis	C	X	X		X		X		X		X	X	X	X								
Applied Interdisciplinary Practice	C	X	X		X		X		X		X	X		X								
Work Experience	C	X			X		X		X		X			X								
Applied Sports Training Principles	O	X	X		X		X		X		X	X	X	X								
Fitness Testing and Exercise Prescription	O	X	X		X		X		X		X	X	X	X								
Applied Sports Psychology	O	X	X		X		X		X		X	X		X								
Applied Exercise Psychology	O	X	X		X		X		X		X	X		X								

**C/O = CORE/OPTION**

**A Knowledge and understanding in the context of the subject(s)**

1. Demonstrate knowledge and understanding of the principles and theories of sports science and coaching.
2. Demonstrate knowledge and understanding of the human response to participation in sport and physical activity.
3. Demonstrate knowledge and understanding of the role of the sports scientist and sports coach in enhancing sports performance.
4. Demonstrate an awareness of the vocational context of sports science and coaching.
5. Understand the design, implementation and evaluation of research.

**B Cognitive skills**

1. Demonstrate the capacity for critical reasoning and analysis.
2. Be able to synthesise data/information and appropriately interpret research findings.
3. Be able to discriminate between and evaluate theories.
4. Be able to apply sports science and coaching theory and principles to the evaluation and solution of problems and issues.

**C Subject specific practical/professional skills**

1. Communicate effectively with a variety of audiences (peers/colleagues, clients, industry professionals).
  2. Measure and evaluate performance in an appropriate fashion in the laboratory and field.
  3. Design, implement and evaluate coaching and training programmes.
  4. Use laboratory and field equipment safely and competently.
  5. Meaningfully present information in a variety of forms.
  6. Demonstrate a responsible attitude toward your own personal, academic and career development (PDP)
- D Other skills (key/transferrable) developed in subject or other contexts**
1. Capacity to learn and investigate.
  2. Communicate effectively in formal and informal environments using a variety of means.
  3. Self-management skills.
  4. Numerical and quantitative skills.
  5. Competence in the use of information technology.
  6. Ability to work independently or as part of a group.

**BSc (Hons) Sports Science and Coaching Skills Development Map**

	Time management	Reading strategies	Note taking skills	Information location and retrieval	Referencing	Problem solving	Essay / Report writing	Presentation skills and packages	Interpersonal and group work skills	Learning style evaluation	Analysis / Critique	Numeracy skills	Data display and interpretation	Word processing	PDP	Internet skills	E - mail	
T = Taught D = Developed A = Assessed				T													T	
Level HE4	Induction Programme	TD	TD	TDA	TDA	TDA	TDA	TDA	TD	TD	TDA	TDA	TDA	TDA	TDA	TD	D	
	Research Methods in Sport and Exercise Science 1	DA	D	DA	D	TD	DA		D	D	DA	DA	DA	DA		D	D	
	Introduction to Sport & Exercise Physiology	DA	D	DA	D	TD	DA		D	D	DA		DA	DA		D	D	
	Introduction to Sport and Exercise Psychology	DA	D	DA	D	TD	DA		D	D	DA	DA	DA	DA		D	D	
	Introduction to Sport and Exercise Biomechanics	DA	D	DA	D	TD	DA		D	D	DA	DA	DA	DA		D	D	
	The Coaching Process	DA	D	DA	D		DA	DA	D	D			DA		DA			
	Coaching Practice	DA	D	DA	D		DA	DA	D	D			DA		DA			
	Research Methods in Sport and Exercise Science 2	DA	DA	DA	DA	DA	TDA	TDA	D	D	D	TDA	TDA	TDA	DA	TDA	D	D
	Sport and Exercise Physiology	DA	TDA	D	DA	DA	DA	DA	DA	D	D	TDA	DA	TDA	DA		D	D
	Sport and Exercise Psychology	DA	TDA	D	DA	DA	DA	DA	DA	D	D	TDA	DA	TDA	DA		D	D
Level HE5	Sport and Exercise Biomechanics	DA	TDA	D	DA	DA	DA		DA	D	TDA	DA	TDA	DA		D	D	
	Sport and Exercise Nutrition	DA	D	DA	DA	DA	DA		DA	D	TDA	DA	TDA	DA		D	D	
	Sport and Exercise Coaching	DA	DA	D	DA	DA	DA	DA	DA	D	TDA	DA	TDA	DA		D	D	
	Effective Coaching	DA	DA	D	DA	DA	DA	DA	DA	D	TDA	DA	TDA	DA		D	D	
	Sport and Exercise Science Project	A	A	A	A	A	A	A			A	A	A	A	DA			
	Performance Planning and Analysis	DA		A	A	A	DA	DA	TDA		DA		DA	DA		D	D	
	Applied Interdisciplinary Practice	DA		A	A	A	DA	DA			TDA		DA	DA		D	D	
	Work Experience	TDA		A	A	A	DA	DA	DA					A		D	D	
	Applied Sports Training Principles	DA		A	A	A	TDA	DA	TDA		DA		DA	DA		D	D	
	Fitness Testing and Exercise Prescription	DA		A	A	A	TDA	DA	TDA		DA		DA	DA		D	D	
Level HE6	Applied Sports Psychology	DA	DA	A	A	DA	DA	DA	TDA		DA	DA	DA	DA		D	D	
	Applied Exercise Psychology	DA	DA	A	A	DA	DA	DA	TDA		DA	DA	DA	DA		D	D	
		DA	DA	A	A	DA	DA	DA	TDA		DA	DA	DA	DA		D	D	

### BSc (Hons) Sports Science and Coaching Assessment Summary Map

Module	Exam	Essay	Case Study	Lab' Report	Practical	Presentation	Project	Reflective Log
<b>Level HE4</b>								
Introduction Sport & Exercise Physiology	Closed Book (40%)			2,000 (30%)	Lab' Skills (30%)			
Introduction to Sport & Exercise Psychology	Closed Book (30%)	1,500 (35%)					1,500 (35%)	
Introduction to Sport and Exercise Biomechanics	In Class (25%) In Class (25%)			2,500 (50%)				
The Coaching Process		2,000 (50%)				Skill Acquisition (30%) + Abstract (20%)		
Coaching Practice					Lead & Officiate (30%) Coaching Session (40%)			2,000 (30%)
Research Methods in Sport & Exercise Science 1						Project Presentation (20%)	2,000 (40%)	PDP Log (40%)
<b>Level HE5</b>								
Sport & Exercise Physiology		2,500 (50%)				Poster + Defence (50%)		
Sport & Exercise Psychology	Closed Book (30%)	2,000 (40%)				Poster + Defence (30%)		
Sport and Exercise Biomechanics	Closed Book (50%)			2,500 (50%)				
Sport and Exercise Nutrition		2,000 (40%)	2,500 (50%)	2,500 (50%)		Coach Behaviour (30%)		
Effective Coaching			Statistics Exercises (30%)				Project Proposal (30%)	PDP Log (40%)
Research Methods in Sport & Exercise Science 2								
<b>Level HE6</b>								
Sport & Exercise Science Project							8,000 (80%)	PDP Log (20%)
Performance Planning and Analysis			2,000 (40%)			Performance Analysis (40%) + Abstract (20%)		
Applied Interdisciplinary Practice	Closed Book (40%)		2,500 (50%) + Viva (10%)					
Work Experience			Job Seeking Portfolio (20%)			Placement Evaluation (30%)	(50%)	
Applied Sports Training Principles			2,500 (50%)			Poster + Defence (50%)		
Fitness Testing and Exercise Prescription		2,500 (50%)	2,500 (50%)			Poster + Defence (50%) Oral + Defence (50%)		
Applied Sports Psychology						Poster + Defence (50%) Oral + Defence (50%)		
Applied Exercise Psychology						Poster + Defence (50%) Oral + Defence (50%)		