

**Programme Specification**

**Programme Title: FdSc Sports Science and Coaching**

<b>Awarding Institution:</b>	University of Bolton		
<b>Teaching Institution:</b>	Bury College		
<b>Division and/or Faculty/Institute:</b>	Off Campus Division		
<b>Professional accreditation</b>	Professional body	Professional body URL	Status of graduates
<b>Final award(s):</b>	FdSc		
<b>Interim award(s)</b>			
<b>Exit or Fallback award(s)</b>	Cert HE Sports Science and Coaching		
<b>Programme title(s)</b>	Sports Science and Coaching		
<b>UCAS Code</b>	C605 FdSc/SSC campus code Y		
<b>JACS Code</b>	C600		
<b>University Course Code(s)</b>	OCD0015		
<b>QAA Benchmark Statement(s)</b>	Foundation Degree Qualification Benchmark		
<b>Other internal and external reference points</b>	<p>QAA Academic Infrastructure, including the Framework for Higher Education Qualifications and the Code of Practice</p> <p>UK Quality Code for Higher Education</p> <p>University of Bolton awards framework</p>		
<b>Language of study</b>	English		
<b>Mode of study and normal period of study</b>	Full time – 2 years		
<b>Admissions criteria</b>			

160 UCAS points from at least one, preferably two, A levels (or equivalent) including a Science or Physical Education. You should also have four GCSEs at grade C or above (or equivalent) including English, Maths and Science.

BTEC Extended Diploma at grade MPP in a sports related project

The College will also consider applicants who have passed a Kitemarked Access to Higher Education course

Applications from mature students without the required entry qualifications will be considered.

Applicants will be interviewed and may be required to complete a diagnostic essay.

#### **Additional admissions matters**

Enhanced CRB clearance required.

#### **Fitness to practise declaration**

Not applicable

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

The principal aims of the programme are:

1. To equip you with a base of knowledge relevant to Sports Science and Coaching and the methodology of its application.
2. To equip you with a range of practical competencies relevant to Sports Science and Coaching.
3. To enable you to apply a critical and analytical approach to problem solving and the investigation of Sports Science and Coaching related issues.
4. To develop competence in the application of a range of qualitative and quantitative methods used in Sports Science and Coaching research.

#### **Distinctive features of the programme**

Opportunities to work with the Athlete Development Centre and engage with athletes ranging from elite, professional and recreational to those participating in exercise for health. Activities will include physiological and biomechanical assessment and monitoring, strength and conditioning programme development and delivery.

In order to meet the requirements of the Foundation Degree benchmark, the programme will provide opportunities for students to engage with a wide range of community groups and employers including:

Bury football club  
Rochdale football club  
Oldham Athletic football club  
Burrs Activity Centre  
Primary Schools  
High Schools  
Playfootball  
Castle Leisure Centre  
Disability sports group

Bury College has excellent sports facilities. Students will be able to benefit from a well equipped sports hall, extensive playing fields, twelve all weather football pitches, two fitness studios, a fully equipped gym and a new sports massage clinic.

Opportunities to attend regular master classes by internationally renowned practitioners.

### **Programme learning outcomes**

#### **K. Knowledge and understanding**

On completion of the programme successful students will be able to demonstrate systematic knowledge and understanding of:

1. The principles and theories of sports science and coaching.
2. The human response to participation in sport and physical activity.
3. The role of the sports scientist and coach in enhancing performance.
4. The vocational context of sports science and coaching both nationally and internationally.
5. The design, implementation and evaluation of research.

#### **C. Cognitive, intellectual or thinking skills**

On completion of the programme successful students will be able to demonstrate the ability to:

1. Demonstrate the capacity for critical reasoning and analysis.
2. Synthesise data and information and appropriately interpret research findings.
3. Discriminate between and evaluate theories.
4. Apply sports science and coaching theory and principles to the evaluation and solution of problems and issues.

#### **P. Practical, professional or subject-specific skills**

On completion of the programme successful students will be able to demonstrate the ability to

1. Communicate effectively with a variety of audiences (peers/colleagues, clients, industry professionals).
2. Measure and evaluate performance appropriately 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).
- T. Transferable, key or personal skills**  
On completion of the programme successful students will be able to demonstrate the ability to:
1. Learn and investigate.
  2. Communicate effectively in formal and informal environments using a variety of means.
  3. Self-manage.
  4. Apply numerical and quantitative skills.
  5. Competently use information technology.
  6. Work independently or as part of a group.
  7. Be socially, publicly and ethically responsible.

**Programme structure**

The structure of the modular scheme as a whole is described fully in the Assessment Regulations for Undergraduate Modular Programmes (Main Document), which can be accessed via the following web link:

<http://www.bolton.ac.uk/Quality/QAECContents/APPR/Home.aspx>

In order to qualify for a Foundation Degree, you are required to obtain 240 credits. This comprises 120 credits at each of levels 4 and 5. Each of these levels equates to one year of a full time programme. Normally, you would need to complete each level before being allowed to undertake modules from the next.

All modules have a 20 credit value, last for one trimester and usually involve four to five hours of scheduled teaching per week. Please note that you are expected to do a significant amount of guided independent study for all modules in addition to this scheduled teaching.

Module Code	Module title	Core/ Option/ Elective (C/O/E)	Credits	Length (1, 2 or 3 periods)
SPS4001	Research Methods and Professional Development Planning in Sport and Exercise Science 1	C	20	1
SPS4002	Introduction to Sport and Exercise Physiology	C	20	1
SPS4003	Foundations of Sport and Exercise Psychology	C	20	1
SPS4004	Introduction to Sport and Exercise Biomechanics	C	20	1
SSC4001	Coaching Process	C	20	1
SSC4002	Coaching Practice	C	20	1
SPS5001	Research Methods and Professional Development Planning in Sport and Exercise Science 2	C	20	1
SPS5002	Sport and Exercise Physiology	C	20	1
SPS5003	Advanced Sport and Exercise Psychology	C	20	1

SPS5005	Sport and Exercise Biomechanics	C	20	1
SSC5001	Effective Coaching	C	20	1
SSC5002	Work Experience	C	20	1

**Learning and teaching strategies**

A variety of teaching and learning methods is employed throughout the programme in order to ensure the acquisition and development of appropriate concepts, knowledge and skills and achievement of the stated learning outcomes. Some of these will be experienced during formally timetabled classes with a module tutor; others may be adopted personally to facilitate your own learning.

Typical examples of teaching and learning methods include: lectures, practicals, workshops, tutorials, seminars and work experience. However, individual module tutors are free to introduce techniques that they view as especially suitable in aiding learning in their specialist area. The teaching and learning strategy for each individual module is detailed in the module guides that you will receive at the beginning of each semester.

It is important to realise that the time spent with a tutor during formally scheduled learning and teaching activities is only a small part of the learning time identified for a module. In addition to this time a significant amount of time is spent in guided independent study. This independent study time should be spent, for example, engaging in general background reading, preparing for seminar activities, working on assignments or revising for examinations.

**Learning activities (KIS entry)**

	Course Year						
	1	2	3	4	5	6	7
Scheduled learning and teaching activities	30.5	26					
Guided independent study	69.5	65					
Placement/study abroad	0.0	9					

## Assessment strategy

The assessment strategy for the programme is designed to ensure that you achieve the overall aims and learning outcomes of the programme, as well as the learning outcomes for individual modules.

Assessment serves several functions. The primary function is to evaluate your achievement. However, assessment also serves to help you organise and develop your learning. Feedback from assessment serves an important educational function and can help you develop your skills and understanding of your own strengths and weaknesses.

The types of assessment you will be required to complete fall into two general categories, formative and summative.

Formative assessments are activities that do not contribute to your overall module grade. They are however an integral part of the learning strategy for a module and you are required to complete them. They will be marked and you will receive feedback on your level of achievement.

Summative assessments are those assessment activities for which the marks will contribute to the overall module grade. You will also receive feedback on these assessments so that you will know what you have done well and where you can improve.

Many different forms of assessment are employed on the programme. For both formative and summative purposes, the major forms are as follows: coursework/exam essay. Practical/project reports, assignments, case studies, practical assessments, oral and poster presentations.

## Assessment methods (KIS entry)

	Course Year						
	1	2	3	4	5	6	7
Written exams	16.7	10					
Coursework	50.0	40.0					
Practical exams	33.3	50					

## Assessment regulations

- Assessment Regulations for Undergraduate Modular Programmes

## Grade Bands

Grade Description	Mark %	Overall Grade
Work of exceptional quality	70+	Distinction
Work of very good quality	60-69	Merit
Work of good quality	50-59	Pass
Work of satisfactory quality	40-49	Pass
Borderline fail	35-39	
Fail	Below 35	

## Grading

The award of Foundation Degree with Distinction may be made where your overall average mark is at least 70%, normally calculated from modules worth at Level HE5.

The award of Foundation Degree with Merit may be made where your overall average mark falls between 60 – 69.99 normally calculated from modules at Level HE5.

## Role of external examiners

External examiners are appointed for all programmes of study. They oversee the assessment process and their duties include: approving assessment tasks, reviewing assessment marks, attending assessment boards and reporting to the University on the assessment process. Students will be able to view external examiner reports on the relevant FdSc Sports Science and Coaching module site.

## **Support for student learning**

- The programme is managed by a programme leader
- An induction programme introduces the student to Bury College, the University of Bolton and their programme
- Each student has a personal tutor, responsible for support and guidance
- Personal Development Planning is (PDP) integrated into all programmes
- Feedback is given on formative and summative assessments
- Bury College and the University of Bolton support services include housing, counselling, financial advice, careers and a disability
- A Chaplaincy is provided
- Library and IT services are available
- The Students' Union advice services is based at the University of Bolton
- Faculty and Programme Handbooks provide information about the programme and Bury College and Bolton University regulations
- There is an opportunity to develop skills for employment
- English language support is offered to International students
- Specialist sports laboratories and on site sports facilities are provided

## **Methods for evaluating and enhancing the quality of learning opportunities**

- Programme committees with student representation
- Module evaluations by students
- Students surveys, e.g. National Student Survey (NSS) and the Bury College Higher Education survey
- Bury College Annual Self Assessment Report
- Bury College's Higher Education Strategic Management and Quality Group
- Annual quality monitoring and action planning in partnership with the University of Bolton through Programme Quality Enhancement Plans (PQEPs), Data Analysis Report (DARs) Subject Annual Self Evaluation Report (SASERs), Faculty Quality Enhancement Plans (FQEPs), University Quality Enhancement Plan (UQEP)
- Peer review/observation of teaching
- Professional development programme for staff
- Effective tracking of external examiner reports and the subsequent actions

## **Other sources of information**

Student portal (<http://www.bolton.ac.uk/Students/Home.aspx>)

Students Union (<http://www.ubsu.org.uk>)

Faculty or similar Handbook (<http://www.bolton.ac.uk/Students/Home.aspx>)

Programme Handbook (add link)

Student Entitlement Statement

(<http://www.bolton.ac.uk/Students/AdviceAndSupport/StudentServices/AtoZofDownloads.aspx>)

Module database ([http://data.bolton.ac.uk/academicaffairs/view\\_modulelist.asp](http://data.bolton.ac.uk/academicaffairs/view_modulelist.asp))



Moodle External examiners reports <a href="http://www.bolton.ac.uk/Quality/QAECContents/ExternalExaminersReports/Home.aspx">http://www.bolton.ac.uk/Quality/QAECContents/ExternalExaminersReports/Home.aspx</a>	
<b>Document control</b>	
<b>Author(s)</b>	
<b>Approved by:</b>	
<b>Date approved:</b>	
<b>Effective from:</b>	
<b>Document History:</b>	

### Learning outcomes map

Module title	Module Code	Status C/O/E	K1	K2	K3	K4	K5	C1	C2	C3	C4	P1	P2	P3	P4	P5	P6	T1	T2	T3	T4	T5	T6	T7		
<b>Level 4</b>																										
Research Methods and Professional Development Planning in Sport and Exercise Science 1	SPS4001	C	TDA			TDA	TDA	TDA	TDA							TA	TDA	TDA	TDA	TDA	DA	TDA	TDA	DA	TDA	
Introduction to Sport and Exercise Physiology	SPS4002	C	TDA	TDA	TD			TD	TD		D	DA	TDA		TDA	DA		D	DA	D	TDA		D	TDA		
Foundations of Sport and Exercise Psychology	SPS4003	C	TDA		TD	TD	TDA	T	TDA	T	T	TDA				TDA	TDA	TDA	TDA	TDA	TDA	TDA	TDA			
Introduction to Sport and Exercise Biomechanics	SPS4004	C	TDA		TDA						TDA		TDA		TDA	TDA		TDA	TDA	TDA	TDA	TDA	TDA	TDA	TDA	
Coaching Process	SSC4001	C	TDA		TD					TDA	TD	TD			TD	TD	D	D	TD			D	TD	TD		
Coaching Practice	SSC4002	C	TDA		TD					D	D	TDA			TD	TDA	D	D	TDA			D	TDA	TD		
<b>Level 5</b>																										
Research Methods and Professional Development Planning in Sport and Exercise Science 2	SPS5001	C	TDA		DA	DA	TDA	TDA	TDA	TDA	TDA	TDA					TDA	TDA	TDA	TDA	TDA	TDA	TDA	TDA	TDA	
Sport and Exercise Physiology	SPS5002	C	TDA	TDA	TDA		DA	TDA	DA	TDA	DA	TDA	TDA		TDA	TDA		TDA	TDA	TDA	TDA	TDA	TDA	TDA	TDA	
Advanced Sport and Exercise Psychology	SPS5003	C	TD	TD	TD	TD	TDA	TDA	TDA	TDA	TD	TDA				TDA	TD	TDA	TDA	TDA	TDA	TDA	TDA	TDA	TDA	
Sport and Exercise Biomechanics	SPS5005	C	TD		TD	DA		TD	TD		TD	TD	TD		TD	TD		TD	TD	TD	TD	TD	TD	TD	TDA	
Effective Coaching	SSC5001	C	TDA	TD	TDA	TD				TDA	TDA	TD	TD	TDA		TD	TDA	D	D	TDA		TD	D	TD	TD	
Work Experience	SPS6003	C	A		A	DA		A		DA	DA	DA	DA			DA	DA		DA	DA			DA	DA		

**K. Knowledge and understanding P. Practical, professional and subject specific skills C. Cognitive, Intellectual and thinking skills T. Transferable, key or personal skills**

**Complete the grid using the following (Developed = D, Taught = T, Assessed = A)**

## Module listing

Module title	Mod Code	New? ✓	Level	Credits	Type	Core/Option /Elective C/O/E	Pre-requisite module	Assessment 1			Assessment 2			Assessment 3		
								Assessment type	Assessment %	Add Y if final item	Assessment type	Assessment %	Add Y if final item	Assessment type	Assessment %	Add Y if final item
Research Methods and Professional Development Planning in Sport and Exercise Science 1	SPS4001		4	20	Stan	C		Cour sewo rk	60	Y	Co urs ew ork	40				
Introduction to Sport and Exercise Physiology	SPS4002		4	20	Stan	C		Writt en Exa m	50	Y	Pra ctic al	50				
Foundations of Sport and Exercise Psychology	SPS4003		4	20	Stan	C		Cour sewo rk	100	Y						
Introduction to Sport and Exercise Biomechanics	SPS4004		4	20	Stan	C		Cour sewo rk	50		Wri tte n Exa m	50	Y			
Coaching Process	SSC4001		4	20	Stan	C		Cour sewo rk	50		Pra ctic al	50	Y			

Coaching Practice	SSC4002		4	20	Stan	C		Practical	50		Practical	50	Y			
Research Methods and Professional Development Planning in Sport and Exercise Science 2	SPS5001		5	20	Stan	C		Coursework	40		Practical	60	Y			
Sport and Exercise Physiology	SPS5002		5	20	Stan	C		Coursework	50		Practical	50	Y			
Advanced Sport and Exercise Psychology	SPS5003		5	20	Stan	C		Coursework	100	Y						
Sport and Exercise Biomechanics	SPS5005		5	20	Stan	C		Coursework	50		Written Exam	50	Y			
Effective Coaching	SSC5001		5	20	Stan	C		Practical	100	Y						
Work Experience	SPS6003		6	20	Placement	C		Coursework	50		Practical	50	Y			

### Bolton Key Core Curriculum requirements

Module Title	Module Code	C/O/E	Employability											Bolton Values		
			PDP	Communication	Team work	Organisation & Planning	Numeracy	Problem solving	Flexibility & adaptability	Action planning	Self awareness	Initiative	Personal impact & confidence	Inter-nationalisation	Environmental sustainability	Social, public and ethical responsibility
Research Methods and Professional Development Planning in Sport and Exercise Science 1	SPS4001	C	TDA	DA	DA	DA	TDA	TDA	D	TDA	DA	D	DA	TDA	TDA	TDA
Introduction to Sport and Exercise Physiology	SPS4002	C		D	D	D	TD	D	D	D	D	D				D
Foundations of Sport and Exercise Psychology	SPS4003	C		TDA	T	TD	TDA	T	T	TD	T	TD	TD	T		
Introduction to Sport and Exercise Biomechanics	SPS4004	C		DA		DA	TDA									
Coaching Process	SSC4001	C		TDA	TDA	TDA		TDA	TDA	TDA	TDA	TDA				TDA
Coaching Practice	SSC4002	C		TDA	TDA	TDA		TDA	TDA	TDA	TDA	TDA				TDA
Research Methods and Professional Development Planning in	SPS5001	C	DA	TDA		TDA	TDA	TDA	TDA	TDA	TDA	TDA	TDA	TDA	TDA	TDA

Sport and Exercise Science 2																
Sport and Exercise Physiology	SPS5002	C		DA	DA	TDA	DA	TDA	DA	TD	DA	DA				DA
Advanced Sport and Exercise Psychology	SPS5003	C		TDA	TDA	TD	TD	D	TD	TD		TD	TD			
Sport and Exercise Biomechanics	SPS5005	C		DA		DA	TDA	TDA		TDA		DA		DA		
Effective Coaching	SSC5001	C		TDA	TDA	TDA	DA	TDA	TDA	TDA	TDA	TDA		TDA		TDA
Work Experience	SPS6003	C	DA	DA	DA	DA		DA	DA	DA	DA	DA	DA	DA	DA	DA

**Complete the grid using the following (Developed = D, Taught = T, Assessed = A)**