

## COURSE SPECIFICATION

Course Aim and Title	BSc (Hons) Sports Coaching Science  BSc (Hons) Sports Coaching Science (with Foundation Year)
Intermediate Awards Available	Certificate of Higher Education  Diploma of Higher Education  Ordinary Degree
Teaching Institution(s)	UCFB Manchester Campus (Face to face)
Alternative Teaching Institutions (for local arrangements see final section of this specification)	n/a
UEL Academic School	School of Health, Sport and Bioscience
UCAS Code	SPCS
Professional Body Accreditation	n/a
Relevant QAA Benchmark Statements	QAA Subject Benchmark Statement for Events, Hospitality, Leisure, Sport and Tourism (2019)
Additional Versions of this Course	n/a
Date Specification Last Updated	June 2025

## Course Aims and Learning Outcomes

The main educational aims of the course are to:

- Prepare students for a variety of careers in sports coaching science, education and performance analysis.
- Provide students with a detailed knowledge of the industry contexts in which sports science and coaching takes place.
- Enable students to develop the communication, analytical and problemsolving skills demanded for career advancement in a variety of settings.
- Develop students' understanding of contemporary approaches to evidence based practice in sports coaching science.
- Develop students' understanding of, and experience in, the application of sports coaching science skills and techniques.
- Provide students with opportunities to engage with the sports coaching science industry throughout the course, utilising distinctive delivery locations and professional relationships.

What students will learn:

### Knowledge

- Analyse the varied external environments in which sports coaching science takes place.
- Evaluate core coaching and sport scientific concepts and their application in different sports and performance settings.
- Evaluate techniques for coaching and the application of sports science in community, talent and high performance contexts.
- Evaluate and apply various skills relevant to a multi-disciplines of sports science within in a coaching setting.
- Develop applied skills in a range of coaching environments.

### Thinking skills

- Engage in critical thinking, analysis, synthesis and decision making to solve problems.
- Solve problems concerning coaching and sport science contexts.
- Apply existing frameworks to new contexts and situations. □ Explore professional knowledge in new environments.



#### Subject-Based Practical skills

- Apply relevant legislation and ethical frameworks to the planning and delivery of sports coaching sessions.
- Critically analyse the role and responsibilities of sports coaches.
- Demonstrate awareness of multi-disciplines of sports science within coaching practice.

#### Skills for life and work (general skills)

- Demonstrate effective leadership skills in a coaching context.
- Communicate information clearly and coherently in a range of forms relevant to intended audiences.
- Work harmoniously and productively with others to achieve shared outcomes.
- Manage time effectively in order to meet deadlines and achieve performance targets.

## Learning and Teaching

Primarily this course is delivered through face-to-face lectures, seminars, workshops and practical coaching sessions.

In classroom based sessions you will have access to lecturers and support staff as well as industry professionals, all of whom will support the introduction to and development of academic theories and models, the scientific principles of coaching, as well as real-world examples and case studies. Taught sessions will involve high levels of student engagement through classroom tasks and be supported by tasks to be completed independently.

Practical, sessions will form a core component of the delivery method. Here, you will be participants in tutor led sessions and be tasked with planning, delivering and reviewing your own group and individual coaching practices and sessions. Furthermore, you will be introduced to the key principles of sports science to assess, monitor and evaluate physical, mental and skilled performance.

You will have access to a variety of technologies that will support the reflective process. Peer review, as well as tutor feedback, will allow for you to feed-forward in preparation for coaching outside the degree and with direct links to academic assessment.

Finally, a comprehensive library of resources will be available for you to access through the UCFB online learning platform.

## Assessment

A range of assessment types are used across the course, as appropriate to each module. Assessment is predominantly continuous, employing items that will include academic essays, reports, presentations, portfolios, reflective writing as well as practical coaching sessions. Applied assessment tasks are used as far as possible to enable students to link theory with practice, thereby assessing knowledge and understanding alongside subject-specific skills and key skills.

## Work or Study Placements

n/a

## Course Structure

All courses are credit-rated to help you to understand the amount and level of study that is needed.

One credit is equal to 10 hours of directed study time (this includes everything you do e.g. lecture, seminar and private study).

Credits are assigned to one of 5 levels:

- 3      Equivalent in standard to GCE 'A' level and is intended to prepare students for year one of an undergraduate degree course.

- 4 Equivalent in standard to the first year of a full-time undergraduate degree course.
- 5 Equivalent in standard to the second year of a full-time undergraduate degree course.
- 6 Equivalent in standard to the third year of a full-time undergraduate degree course.
- 7 Equivalent in standard to a Master's degree.

Courses are made up of modules that are each credit weighted.

The module structure of this course:

Level	UEL Module Code	Module Title	Credit Weighting	Core/Option	Available by Distance Learning? Y/N
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Level	UEL Module Code	Module Title	Credit Weighting	Core/Option	Available by Distance Learning? Y/N
4	UO4013	Fundamental of Sports Coaching	20	Core	N
4	UO4023	Introduction to Scientific Coaching Principles	20	Core	N
4	UD4000	Industry Competencies (Mental Wealth)	20	Core	N
4	UO4002	Coaching in Community Settings	20	Core	N



4	UO4024	Skill Acquisition for Sports Coaching	20	Core	N
4	UO4025	Foundations of the Psychology of Sport, Exercise and Performance	20	Core	N

5	UO5014	Talent Development and Scouting	20	Core	N
5	UO5016	Strength And Conditioning: From Theory To Practice	20	Core	N
5	UD5010	Industry Readiness (Mental Wealth)	20	Core	N
5	UD5013	Research Methods	20	Core	N
5	UO5001	Coaching in Education Settings	20	Core	N
5	UO5017	Applied Sports, Exercise and Performance Psychology	20	Core	N

6	UO6002	High Performance Coaching	20	Core	N
6	UO6013	Applied Coaching Science	20	Core	N
6	UD6014	Professional Project	40	Core	N
6	UD6012	Industry Engagement (Mental Wealth)	20	Core	N
6	UO6006	Performance Analysis	20	Core	N

The overall credit-rating of this course is 360 credits. If for some reason you are unable to achieve this credit you may be entitled to an intermediate award, the level of the award will depend on the amount of credit you have accumulated. You can read the University Student Policies and Regulations on the UEL website.

#### Course Specific Regulations

n/a

#### Typical Duration

The expected duration of this course is 3 years full-time.

A student cannot normally continue study on a course after 4 years of study in full time mode unless exceptional circumstances apply and extenuation has been granted.

## Further Information

More information about this course is available from:

- The UCFB web site ([www.ucfb.ac.uk](http://www.ucfb.ac.uk))
- The course handbook
- Course Leader
- Module Leader

All UEL courses are subject to thorough course approval procedures before we allow them to commence. We also constantly monitor, review and enhance our courses by listening to student and employer views and the views of external examiners and advisors.

### **Additional Costs**

Some of our degrees involve extra costs which are not covered by your tuition fees. To ensure you budget accurately for Higher Education life, read this and see which extra costs apply.

Below is a list on generic items that you may incur as a student. The list is not exhaustive, and some or all of these costs may be relevant to you. However, it is helpful to be aware of the types of things you may have to pay for.

#### **Digital Devices:**

There is an expectation that all students at UCFB will have a laptop or computer.

#### **Disclosure and Barring Service (DBS) :**

Some students may be required to obtain a Disclosure and Barring Service (DBS) check (formerly Criminal Service Bureau (CRB) check). This may be needed for work-based learning opportunities. It is currently priced at £49.50.

The Government website has [information on DBS checks](#).

#### **Living Costs:**

As a university student, you will need to budget for general living expenses, including accommodation, food and toiletries, travel, and socialising.

Prices for accommodation vary depending on which option you choose, but please consider whether your preferred option suits your budget.

#### **Books:**

A wealth of learning resources are available through our [library](#).





A lot of the books and journals on your reading lists are made available online through the library. However, you may be required to, or prefer to, buy your own copy of key textbooks.

If you return a library book late, you must pay an overdue charge.

### **Stationery**

You are expected to supply your own stationery and study/writing materials (i.e. such as calculators).

### **Printing:**

Printing credits are required to print documents on UCFB sites. Copies are 5p for black and white and 15p for colour.

### **Work-based Learning Opportunities:**

If you are taking part in a work-based learning opportunities, any travel or accommodation costs are your responsibility.

### **Transport:**

If you commute, you will need to pay for travel, such as purchasing a bus pass or paying for parking if you drive.

### **Graduation:**

There are associated costs with your graduation ceremony at UCFB. While your ticket is free, you are expected to cover the cost of gown hire and photography.

### **Alternative Locations of Delivery**

This course is taught by UCFB in Manchester (Manchester Campus) and is awarded by the University of East London.