

Course Aim and Title	BSc (Hons) Sports Coaching & Performance
Intermediate Awards Available	Cert He Sports Coaching & Performance (1st Year) DipHE Sports Coaching & Performance (2 <sup>nd</sup> Year)
Teaching Institution(s)	University of East London & West Ham United Foundation, West Ham United Academy
Alternative Teaching Institutions (for local arrangements see final section of this specification)	n/a
UEL Academic School	College of Applied Health & Communities
UCAS Code	C610
Professional Body Accreditation	n/a
Relevant QAA Benchmark Statements	Unit 25 - Hospitality, Leisure, Sport & Tourism (specific reference to Sport)
Additional Versions of this Course	n/a
Date Specification Last Updated	November 2020

## Course Aims and Learning Outcomes

This course is designed to give you the opportunity to:

1. Scientifically analyse the factors influencing performance in sports coaching settings.
2. Develop courses to enhance the performance of an individual in a sporting context.
3. Implement effective scientific courses for the improvement of sporting performance.
4. Carry out accurate scientific studies into the performance of sporting skills

What you will learn:

### **Knowledge**

- Acquire an awareness of, and ability to use effectively, a range of scientific tools to analyse the key components of performance in sport and exercise settings.
- Maintain the currency and practical application of the learning experience.

### **Thinking skills**

- Develop a clear ethos of scientific investigation in the furtherance of sporting and exercise achievement.

### **Subject-Based Practical skills**

- Develop practical and transferable skills which will facilitate interaction and co-operation with a range of people and provide leadership in a range of practical activities.
- Develop a suitable level of practical competency to operate effectively within a sports coaching environment.

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

- Improve the ability to communicate effectively, by developing organisational, intellectual and conceptual skills.

## Learning and Teaching

### *Knowledge is developed through*

- *Guided reading*
- *Knowledge-based activities with feedback*
- *Online discussions and activities*

### *Thinking skills are developed through*

- *Reflective activities with feedback*
- *Online discussions and activities*

### *Practical skills are developed through*

- *IT activities with feedback*
- *Research skills-based activities with feedback*

### *Skills for life and work (general skills) are developed through*

- *Work based experience*
- *Planning activities with feedback*
- *Project work*

## Assessment

### *Knowledge is assessed by*

- *Coursework*
- *Essays*
- *Examinations*
- *Portfolio*
- *Presentations*
- *Interviews*

### *Thinking skills are assessed by*

- *Coursework*

- *Examinations*
- *Project work*
- *Presentations*

*Practical skills are assessed by*

- *Practical reports*
- *Portfolio completion*
- *Applied work*

*Skills for life and work (general skills) are assessed by*

- *Project work*
- *Group work*
- *Placement work*

Students with disabilities and/or particular learning needs should discuss assessments with the Course Leader to ensure they are able to fully engage with all assessment within the course.

## Work or Study Placements

BSc (Hons) Sports Coaching and Performance students are able to undertake relevant work-based placement activities within a number of modules at study levels 5 & 6. These modules enable students to establish links in the performance sporting communities prior to graduating from UEL. The flexibility of the academic course means that students are able to take every opportunity to gain relevant work experience, whether a formal part of the course or not. The West Ham United Academy & Foundation will provide a range of opportunities to work within their range of performance and academy teams; likewise, UEL, West Ham and their partnering organisations will provide opportunities across a range of elite and performance sports environments. Students will be encouraged to seek opportunities in the sports that interest them most, and will be supported throughout by the academic team.

Placements are guaranteed and will be held at both West Ham United Foundation, Academy, UEL and local sports organisations who are partners of West Ham and UEL. The Course Leader will also act as your placements co-ordinators, so students will need to arrange a meeting with Course Leaders in their first term, so that they can find their preferred placement destination and role. Once allocated a work based learning organisation, students should inform Course Leaders of their mentor within that organisation, who will monitor, evaluate and guide the students' performance throughout their 100-hour placement.

## 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 Masters degree.

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

The module structure of this course:

<b>Level</b>	<b>Module Code</b>	<b>Module Title</b>	<b>Credit Weighting</b>	<b>Core/Option</b>	<b>Available by Distance Learning? Y/N</b>
4	SE4003	Coaching Principles	20	Core	N
4	SE4014	Coaching Practice	20	Core	N
4	SE4000	Essential Skills for Sport (Mental Wealth)	20	Core	N
4	SE4001	Anatomy and Physiology for Sport	20	Core	N
4	SE4015	Talent and Performance	20	Core	N
4	SE4004	Psychological Aspects of Sport and Exercise	20	Core	N
5	SE5000	Research Methods & Design (Mental Wealth)	20	Core	N
5	SE5019	Applied Sports Coaching	20	Core	N
5	SE5005	Performance Analysis	20	Core	N
5	SE5008	Performance Training Programmes	20	Core	N

5	SE5020	Applying Specialist Performance	20	Core	N
5	SE5013	Athlete Management	20	Core	N
6	SE6000	Applied Research Project in Sport	20	Restricted Core*	N
6	SE6102	Independent Research Project	40	Restricted Core*	N
6	SE6017	Coaching in Performance Sport	20	Core	N
6	SE6019	Advanced Performance Analysis	20	Core	N
6	SE6011	Strength and Conditioning	20	Core	N
6	SE6018	Professional Development (Sport Placement Specialism)	20	Core	N
6	SE6009	Entrepreneurship and Enterprise in Sport	20	Restricted Core*	N

*Please note: Optional modules might not run every year, the course team will decide on an annual basis which options will be running, based on student demand and academic factors, in order to create the best learning experience.*

Additional detail about the course module structure:

Each level and year of study is made up of 120 credits. 360 in total across the degree course.

UEL will deliver 50% of modules across year 1, 2 & 3. These include;

Essential Skills for Sport, Principles of Physiology, Psychological Aspects of Sport, Coaching Principles, Research Methods and Design, Athlete Management, Performance Analysis, Entrepreneurship & Enterprise, Applied Research Project, Strength & Conditioning.

WHU will deliver 50% of modules across year 1, 2 & 3. These include;

Talent & Performance, Coaching Principles, Coaching Practice, Performance Training Programmes, Applying Specialist Performance, Professional Development (Sport Placement Specialism), Advanced Performance Analysis, Applied Sports Coaching

A core module for a course is a module which a student must have passed (i.e. been awarded credit) in order to achieve the relevant named award. An optional

module for a course is a module selected from a range of modules available on the course. There are no optional modules within this foundation degree.

\*Students MUST take 40 credits from restricted core modules.

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

It is possible to move from full-time to part-time study and vice-versa to accommodate any external factors such as financial constraints or domestic commitments. Many of our students make use of this flexibility and this may impact on the overall duration of their study period.

### UG

The expected duration of this course is **3 years** full-time or **6 years** part-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. The limit for completion of a course in part time mode is 8 years from first enrolment.

## Further Information

More information about this course is available from:

- The UEL web site ([www.uel.ac.uk](http://www.uel.ac.uk))
- The course handbook
- Module study guides
- UEL Manual of General Regulations (available on the UEL website)
- UEL Quality Manual (available on the UEL website)
- School web pages

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:

Students may incur additional costs on top of their course tuition fees for additional travel to events (£50) and NGB qualifications (£100-200). NGB's and additional networking/careers events will be optional for students and not compulsory.

### Alternative Locations of Delivery

London Stadium, Community Centre Learning Zone – approved by UEL