

Nottingham Trent University Course Specification fields

Basic Course

Information

1	Awarding Institution:	Nottingham Trent University.
2	School/Campus:	School of Science and Technology/ Clifton Campus
3	Final Award, Course Title and Modes of Study:	BSc (H) Coaching and Sport Science FT & SW
4	Normal Duration:	FT 3 years, SW 4 years
5	UCAS code:	CX61 BSc/CSpS

6 Overview and general educational aims of the course

A core aim of this course is to develop your abilities to coach. You will practice your coaching and develop a variety of required skills, such as effective communication and reflection that are highly transferable. A key aspect of the course is developing your coaching through examining theory, and considering theory in the light of your practical coaching experience. These links between theory and practice help your development and change in both areas.

Throughout the course you will be given opportunities to develop your coaching experience through real-world coaching, including a short placement in your second year in the module Developing Professional Practice in Coaching.

You will also develop your sport science skills and knowledge. This will allow you to learn how to apply theory to develop fitness and performance in sport and exercise settings in the real world. These skills and knowledge are essential for becoming a sport science support officer, and for becoming an effective coach, be it in performance coaching. or participation coaching.

You will develop across the course in ways that can help you to gain initial entry into careers in sports coaching *or* sport science, related sports fields such as coach education and development or sports development, as well as into further training such as teacher training and postgraduate study.

The course emphasises a strong hands-on practical approach to learning that is combined with the more traditional approaches that you would expect from a university education. During the course you will experience a mixture of lectures, seminars and also put theory into practice with practical laboratory classes, sport exercise studies and coaching sessions You will undertake a project in your final year which can be coaching *or* sport science based. There is an emphasis in the course on developing your transferable personal and professional abilities, to prepare you for employment.

The primary focus of this course is to:

- Develop coaching as a transferable skill;
- Skill set graduates and equip them for successful employment;
- Seek Skills Active Endorsement – which requires 150h direct coaching experience over 3y of UG degree;
- Provide practical coaching experience and NGB recognised coaching awards
- Contextualise sport science to coaching perspective
- Develop coaching skills in range of contexts, e.g. school context, primary, secondary, in-curriculum delivery, extra-curricular delivery, after-schools clubs, voluntary and volunteering opportunities;
- Graduate students who can coach

7 **Course outcomes**

Course outcomes describe what you should know and be able to do by the end of your course if you take advantage of the opportunities for learning that we provide.

Knowledge and Understanding. By the end of the course you should be able to:

CLO1 Translate core scientific principles and concepts of coaching into practice to develop coaching practice.

CLO2 Demonstrate independent critical application of research relevant to coaching to problem based coaching scenarios, across coaching domains.

CLO3 Critically evaluate a range of literature relating to;

- The design of strategies intended to improve coaching and sporting performance.
- The implementation of strategies intended to improve coaching and sporting performance

CLO4 Manage the complexity of available knowledge, and direct your own learning, to make informed decisions in a changing context.

Skills, qualities and attributes. By the end of the course you should be able to:

CLO5 Reflect and take responsibility for your own career, professional and personal development

CLO6 Prioritise, plan and manage your work and time

CLO7 Identify the opportunities for learning and development within your coaching and professional practice

CLO8 Employ information technology to effectively conduct research, analysis and evaluation, and present the results in effective ways.

CLO9 Communicate effectively and confidently in writing and visual media, and verbally, including giving feedback and acting upon it

CLO10 Work effectively as part of a team or independently.

CLO11 Integrate anti-discriminatory practice, equal opportunities and other ethical considerations during the design and implementation of coaching practice

Relevant Benchmarks

QAA 2008 Hospitality Leisure, Sport and Tourism Benchmark statements
http://www.qaa.ac.uk/Publications/InformationAndGuidance/Documents/HLS_T08.pdf

NTU Graduate Attributes from 2010-2015 NTU Strategic Plan
http://www.ntu.ac.uk/about_ntu/document_uploads/102081.pdf

Skills Active/Sports Coach UK Criteria for endorsement of HE Sports Coaching Courses
<http://www.skillsactive.com/component/k2/item/3237/3237>

8 **Teaching and Learning Methods**

The learning activities on this course will focus on challenging and developing your skills and

knowledge, and will involve a combination of tutor led learning activities and student led learning activities.

This will involve directed learning, guided learning, and independent learning activities, including a variety of;

- Practical coaching activities and tasks
- Practical sport science laboratory classes and tasks
- Group dialogue and discussions on contemporary coaching and sport science issues
- Individual and group presentations
- Research and information technology learning tasks
- Review and reflection on your personal professional and coaching attributes
- Traditional Lectures

9 **Assessment Methods**

The course involves evaluating, reflecting upon, and developing, your personal and professional attributes through examining the theoretical and professional nature of coaching and sport science. The emphasis is on peer and tutor formative feedback on your performance in curricular learning activities to guide your development.

As well as receiving formative feedback, from peers and tutors, on learning tasks that you will carry out, your development will be assessed in a variety of ways.

You will carry out experiments, work in groups on projects, give group and individual presentations, present the results of group and individual experiments you have done face to face and in written reports. You will record your learning in real world contexts and relate this to underpinning theories, presenting your work in media including portfolios, video, and sound as well as text.

Summative assessments on the course such as these, provide an evaluation of your current performance against identified criteria, and the associated feedback to aid in your development

One key tool in improving your coaching practice and understanding, is the use of a coaching portfolio throughout the course, to allow you to reflect and identify areas for the development of your skills and knowledge, and relate theory to practice. This is a key tool in developing change throughout the course and demonstrating your development in your attributes, skills and knowledge.

10 **Course structure and curriculum**

Level Four

Key to both coaching and sport science is an ability to link theory and practice, and at level one you will explore the academic discipline of coaching and develop and reflect upon your own practical coaching abilities through structured coaching tasks. You will extend your knowledge and understanding of the disciplines within sport science, including physiology, psychology and biomechanics, through practical laboratory experiences and learning activities. One of the unique aspects of this course is that in year one, you will undertake a governing body coaching qualification up to UKCC Level 5, to extend your professional coaching qualifications. You will be able to choose from a range of sports, subject to suitable arrangements being made. If it is the case that, for example, you already have a Level 2 football certificate, you would be encouraged to broaden your portfolio of expertise and engage in another sport award.

Modules (all modules are rated as 20 credit points unless otherwise stated)

- Introduction to Research
- Introduction to Sport and Exercise Physiology
- Foundations of Sport and Exercise Psychology
- Principles of Biomechanics
- Exploring Coaching Practice
- Principles of Training

Level Five

With the solid foundation you have built at Level 4, you will be ready to progress to the more complex issues raised at Level 5. Here you will explore the academic disciplines and professions of coaching and sport science and their relationship, in conjunction with the development of your coaching practice. You will develop your understanding and abilities in observational analysis and applying training theory to practice, which are two key areas of both coaching and sport science professional practice. You will be supported through the modules to develop your skills of academic research, and enquiry.

Modules

Core

- Research Design and Analysis
- Applying Coaching Theory to Practice

Options (choose 4 from the following)

- Training Principles to Practice
- Observational Analysis for Sport
- Applied Sport and Exercise Physiology
- Practical Applications in Sport and Exercise Psychology
- Experimental Biomechanics

Level Six

By this stage, you will have completed a governing body coaching award and developed your knowledge of coaching theory to a degree where you can critically apply theory to the development of your practical coaching. In your level three modules, you will extend your depth of exploration in coaching topics, with a particular focus on current theory and issues with the professions

Current Topics in Sports Coaching will pursue areas of coaching that are particularly timely or are being actively discussed in the coaching world. For instance, the impact of current academic research, and current national and international professional policies, frameworks, and agencies on coaching practice, coach education and the development of coaches and coaching as a profession.

Advanced coaching practice, will reflect the culmination of the development of your practical and professional coaching and sport science practice and will explore the impact of current theory on your coaching practice and professional development as a coach and sport science practitioner. This will be considered across disciplines and levels and again, emphasis will be on currency. Another important feature of Level 6 studies is that it further pursues the interaction of theory and practise. To this end, the culmination of the course is the project, where you will perform innovative research within your chosen field.

Modules

Core

- Sport Project & Dissertation (40cps)
- Current Topics in Sports Coaching
- Advanced Coaching Practice

Option (choose 2 from)

- Strength, Power and Endurance in Sport and Exercise;
- Applied Biomechanics;
- Advanced Topics in Sport and Exercise Psychology;
- Entrepreneurship;
- Child and Adolescent Growth, Health and Performance;
- Environmental Sports Physiology

Having completed this course, you will have the knowledge, skills and experience to undertake a successful career in sports coaching and related sports areas and to develop your personal and professional attributes through academic study and practice in the disciplines of coaching and sport science.

Between Level 5 and Level 6 of the course, the option is available to undertake a placement (sandwich) year. This is an excellent opportunity to gain industry/ business/ or applied experience within a work-environment related to your studies. On successful completion of the placement (sandwich) year you will receive a Diploma in Professional Practice;

assessment for which involves completion of a placement report evaluating your experiences and learning journey as well as developments in subject knowledge and understanding, in addition to skills, qualities and attributes gained over the 9-12 months of your placement. Placements within Sport are not expected to be paid or salaried; however if placement hosts are in a position to offer remuneration whilst on placement then this is at their discretion.

11 Admission to the course

We wish to attract individuals who:

- are highly self-motivated and committed;
- can deal with the demands of a multidisciplinary course;
- have effective oral and written communication skills;
- will benefit from the course.

We also wish to attract people with certain aspirations. Those who:

- want to gain skills in to enable them to compete in this growing market;
- are looking for the professional skills needed to obtain employment and/or conduct research in the health, fitness, sport and leisure sector;
- would like a course written, delivered and taught by practicing consultants and applied sport scientists.

Graduates of this course are likely to seek employment with organisations recruiting people into positions of trust. Consequently, gaining clearance from the Criminal Records Bureau (CRB) has particular significance. If you have a criminal record please discuss the potential implications with the course admissions team before applying.

The admissions policy for this course is administered in accordance with the University regulations including a commitment to widening participation and equal opportunities. For entry on to the BSc (H) Coaching and Sport Science course you would normally be over 18 years of age and possess one of the following:

- Five passes at GCSE grade C or above including passes in English and Mathematics and 300 UCAS points at A2-level or equivalent (e.g., BTEC Nationals, International Baccalaureate) including one science subject;
- A pass on an appropriate Access Course, with a minimum of 21 credits, 15 of which must be at Level 6;

If you wish to use Accreditation of Prior Experiential Learning (APEL) or Accreditation of Prior Certified Learning (APCL) for entry to this course, you will be assessed according to the standard procedures of the School of Science and Technology.

If you request APCL, you will be required to produce a transcript and details of the units/modules you have studied at your former institution to assist with the curriculum mapping process. This institution may be contacted before a final offer is made to confirm your suitability for the course of study.

If you wish to use APEL for entry to the start of the course, or exceptionally, for advanced entry, you will be required to provide a detailed curriculum vitae outlining relevant experience. You will be asked to complete an appropriate assignment to enable you to demonstrate your learning for which equivalence is being claimed.

If English is not your first language, you are expected to have a good command of spoken and written English. The minimum recommended requirement is the British Council IELTS grade 6.5 or CBTOEFL 213 or IBTOEFL 83. Equivalent experience may include the successful completion of a non-UK degree in the English language or a significant period of residence/work placement in an English-speaking country, for which evidence should be provided.

Advanced entry would normally be into Level 5 of the course, for which you would possess an appropriate Foundation Degree or HND in Sport Science or equivalent subject. In order to ensure potential applicants from FdSc or HND routes have the suitable experiences to enable them to successfully progress on to BSc (H) courses in Sport, it is likely that the Admissions Tutor will request information about previous learning, for example transcripts and course

content. Advanced entry into Level 6 would be considered in exceptional circumstances (e.g., successful completion of a Bachelor's degree and relevant certified/experiential learning).

The full UCAS entry profile for this course can be found at: <http://www.ucas.co.uk>.

12 **Support for Learning**

The reflective coaching portfolio is a key aspect of your learning and development of personal and professional skills and attributes, and is developed by you throughout the course as evidence of your development.

All students at Nottingham Trent University have full access to Student Support Services. In addition, School based pastoral support networks are in place to offer students support, guidance and advice on academic and personal issues. Within the course, students experience the full support of the Sports Science Academic Team. The Academic Team Leader, with support from the Course Manager, Course Leader(s), Module Leader(s), and personal tutor, takes responsibility for student support and guidance. The personal tutor has responsibility for a specific small group of students and operates as the students' first point of contact. The Module Leader will offer guidance and support to students taking each specific module.

New entrants will experience a minimum of a 3 day induction period at the commencement of their first academic year. Induction will inform students of:

- Student Support Services at University, School and Course level;
- University policies and procedures on academic systems;
- Personal development planning;
- Timetable issues, room allocations and location;
- University, School and Course Handbooks;
- Enrolment procedures;
- Computing, IT and Library services;
- Health and Safety procedures.

University Accommodation Officers will provide you with information, guidance and continuing support about accommodation issues, for example hall of residence, private rented accommodation, and the Landlord Approval Scheme. The Accommodation Services can be accessed through www.ntu.ac.uk.

13 **Graduate destinations/ employability**

Due to the multidisciplinary nature of this course, you will have the skills and expertise to pursue a wide range of careers but particularly sports coaching, where you will be well-placed to capitalise on its increasing professionalization. Your wide ranging skills will also be valued in teaching and lecturing. The course also provides an ideal platform for research and postgraduate study to MSc and PhD level.

14 **Course standards and quality**

All aspects of quality management within the School are in accordance with the University's Academic Standards and Quality Handbook. The Course management team, which includes the Academic Team Leaders from Sport, Course Leader, and Module Leaders oversee the operational arrangements for the Course. In addition, the Course committee, central to which are the student representatives, meets three times a year to review, evaluate and develop the Course. Formal Course monitoring takes place at the end of each module through the administration of questionnaires offering closed and open ended questions; which is in addition to informal feedback received from students throughout the year.

Overarching responsibility for quality control lies with the School Academic Standards and Quality Committee whose remit is to provide guidance and support to academic Courses. External Examiners offer further quality control through monitoring academic standards, moderation of assessment tasks and processes. Feedback from course

committees, student evaluation at modular and course level, inform the course standards and quality report (CSQR) which reviews and evaluates the student experience at course level. In turn the course standards and quality report informs the Schools Standards and Quality Report (SSQR) which is presented to the University as part of the institutions quality assurance and enhancement cycle.

15 Assessment regulations

This course is subject to the University's Common Assessment Regulations (located in its [Academic Standards and Quality Handbook](#)). Any course-specific assessment features are described below:

The Course adheres to the University's Common Assessment Regulations. Dispensation from the University Common Assessment Regulations such that 40cp compensation is permissible at each level.

16 Additional

Information

Collaborative partner(s):

Course referenced to national QAA Benchmark Statements: QAA 2008 Hospitality Leisure, Sport and Tourism Benchmark statements
<http://www.qaa.ac.uk/Publications/InformationAndGuidance/Documents/HLST08.pdf>

Course recognised by:

Date implemented: 01 September 2012

Any additional information:

In addition to the experience gained on the course, you also have the chance to engage in coaching opportunities and to undertake additional voluntary activities through Volunteering in Sport or Initi8. Ultimately, the skills and attributes you develop will make you more employable in the sport and leisure industry. The Sport and Lifestyle Department can provide you with an up-to-date list of opportunities offered when you attend University. There will also be opportunities to undertake voluntary work in the health, sport or leisure arena.

