

Changes to previous information

During the global COVID-19 pandemic, we prioritised the health, wellbeing and safety of our students and staff.

As we start the new academic year, your health, wellbeing and safety remains our top priority. This means when we return to our campuses and buildings in September 2020 social distancing and other health and safety measures will be in place. This is to help keep you, and others around you, safe. We will respond to the requirements of vulnerable students regarding their personal safety on an individual basis.

We remain committed to delivering an outstanding education and student experience both on campus and online. Like most universities, we'll be providing a mix of on-site face-to-face and digital learning and teaching. The exact mix will vary between courses and course modules taking into account teaching requirements and other considerations such as meeting the safety of vulnerable staff.

It is important to emphasise that a face-to-face, on-site experience will be delivered within the Government and Public Health England guidance and providing there are no serious unforeseeable public health issues that result in the Government introducing further lockdown measures.

Our response to the pandemic means we may have made changes to your course. This is to take account of these important health and safety measures.

We ask you to read the information provided about course changes carefully. We detail what we include in our online prospectus and explain what has changed.

You should read our statement of changes alongside any information provided in videos, at open days or in other promotional materials. This is because the information may also have been affected by the changes we had to make. We are providing this information so you can make an informed choice about whether the course remains suitable for you.

When you register for your course, you will be asked to confirm you have read about our changes and you agree to them. It means that by choosing to continue with your application, and register with us, you accept these changes and are happy to study your course with us.

We really look forward to seeing you in the next academic year. In the meantime, if you want to find out more about University life from this September, and being part of our supportive and welcoming community, please visit our [September 2020 web pages](#).

	Current published course related information	Changes to previous information
Course title	Sport Coaching Science with Foundation year	
Award level	BSc – Single honours only	
How do you want to study?		
Start Date	September 2020 & September 2021	
Modes of study	Full-time	
Duration	4 years full-time	
UCAS code	C610	
Location	Canterbury	
Partner institution	N/A	
Available with a Foundation Year	N/A	
Overview		
	<p>Study and experience sport coaching with our modules in coaching theory and practice.</p> <p>The foundation year gives you the opportunity to develop your confidence, skills and knowledge in sport coaching science.</p> <p>Our Sport Coaching Science course includes sport coaching with sport and exercise science. This will allow you to explore the exciting and challenging world of sport coaching, with the science associated with coaching individuals and teams.</p> <p>Placement opportunities and work with coaches will give you valuable knowledge and experience for a future in sport coaching.</p>	<p>We will be working extensively with placement providers to support this aspect of provision during CV-19. The use of both digital and face-to-face experiences are planned at this stage.</p>
Why study Sport Coaching Science with Foundation Year?		
	<p>If you want to prepare for a career related to performance coaching then our applied course will help you develop the practical skills and scientific knowledge to help you achieve your career goal.</p> <p>During the foundation year, you'll develop a grounding in scientific principles, practical skills and the application of science to sport</p>	<p>Practical engagement may take the form of both physical and digital sessions. Access to equipment may depend upon restrictions associated with CV-19.</p> <p>Laboratory access may have additional restrictions based on health and safety issues during CV-19.</p>

	<p>and exercise. You'll learn in a highly supportive environment where you can develop your self-confidence, knowledge and skills.</p> <p>As well as gaining plenty of hands-on experience in our sports labs, you'll develop strong analytical and research skills and you'll learn about the science behind what makes a successful coach.</p> <p>We offer excellent resources in our dedicated labs, so you can conduct research and apply yourself using specialist equipment including: performance analysis systems, eye tracker technology; force platform technology; reaction timers, sprint timing systems and other sport/exercise/strength and conditioning related equipment (treadmills and weights, for example).</p> <p>During the course, you'll have a 'consultancy' and 'research' informed experience whereby you'll participate activities linked to our consultancy unit, the 'SportsLab', which provides scientific services for sports people. You'll also have opportunities for paid employment working for SportsLab.</p> <p>You'll be taught by a passionate, research active team of academics and supported by specialist technical staff.</p> <p>Throughout the course, you'll develop transferable skills that will prepare you for employment. From team working and effective communication to research and organisational skills, you'll be building in confidence and ability all the time, so that by the time you graduate you're fully prepared to follow your career aspirations.</p> <p>97% of our Sport Coaching Science students were satisfied with their learning opportunities.</p> <p>"I have just returned from competition this weekend and we had a massive medal haul. I would say that part of the success was</p>	
--	--	--

	<p>down to be able to apply all the psychological understanding, coaching skills, physiology and biomechanics that I learnt during the course. The degree has allowed me to add a greater breath and understanding of my gymnasts needs, not just the technical coaching."</p> <p>Claire Parker, Sport Coaching Science Student and Sports Scholar.</p>	
--	---	--

Entry requirements	Applicants should normally have 32 UCAS Tariff points. We will also welcome applications from students with few or no formal Level 3 qualifications who wish to return to education and applicants may be asked to attend an interview.	
	<p>During the foundation year, you'll gain fundamental knowledge and skills needed to progress to Year 1 of the degree. You'll focus on core aspects of sport and exercise as well as:</p> <ul style="list-style-type: none"> • academic writing and study skills • theoretical and practical skills in scientific method • personal and career development. <p>As you progress to the degree, you'll have an introduction to sport coaching pedagogy and practice, where you'll learn about theories and coaching styles that underpin coaching practice, and how they're applied. You'll examine how to plan, deliver and evaluate sport coaching sessions and later on you'll undertake coaching placements, which you'll reflect on as part of your studies.</p> <p>Throughout the degree, you'll develop research skills and you'll learn about physiology, psychology and the fundamental science of sport and exercise, so that as you enter your final year you're prepared to explore critical issues in sport coaching science. You'll review, analyse and critically assess professional sports coaching and you'll undertake applied research studies as well as an in depth study on a topic of particular interest to you.</p>	
<p>Module information Please note that the list of optional modules and their availability may be subject to change. We continually review and where appropriate, revise the range of modules on offer to reflect changes in the subject and ensure the best student experience. Modules will vary when studied in combination with another subject.</p>		
Core foundation year		
	<p>Practical Studies in Sport And Exercise Core module - (20 Credits)</p> <p>This module will introduce you to a number</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>

	<p>of practical environments and will provide experiences aligned with various client groups in the fields of sport and exercise science, sport coaching science, and strength and conditioning. You will also be provided the opportunity to explore the fundamental theories through practical engagement, with a key focus on the reflection of experiences as both the client and practitioner.</p>	
	<p>Orientation to Foundation Studies Core module - (20 Credits)</p> <p>The aim of this module is to introduce you to the physical concepts that underpin all of science and how physics are studied in the natural sciences. You will develop an understanding of how physical laws are used to describe natural phenomena and how they may be applied to gain a deeper knowledge of particular systems and processes.</p>	
	<p>Scientific Skills in Sport and Exercise 1 Core module - (20 Credits)</p> <p>In this module, you will investigate key scientific concepts that need to be considered when investigating sport from a scientific perspective. You'll explore fundamental areas such as the ethics of studying human participants, reliability and validity of measurement, pre-assessment procedures, health and safety, and calibration of equipment.</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>
	<p>Scientific Skills in Sport and Exercise 2 Core module - (20 Credits)</p> <p>This module will build on Scientific Skills in Sport and Exercise 1, enabling you to enhance your scientific skills. You'll consider the complex nature of science, and how the disciplines associated with the scientific study of sport can interact to enhance knowledge and problem solve. You will examine problems from across the range of sport and exercise science disciplines with</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>

	demonstrations of how research can be enhanced through inter/multidisciplinary investigation.	
	<p>Social and Psychological Aspects of Sport and Exercise Core module - (20 Credits)</p> <p>In this module, you'll explore the application of scientific principles in relation to social and psychological aspects of sport and exercise. You will be introduced to stratified dimensions of society which could include social class, social mobility, race and ethnicity, gender and sexuality, age and (dis) ability. You will also start to learn how to investigate the nature of individual behaviour and group dynamics related to sport and exercise psychology.</p>	
	<p>Key Concepts of Kinesiology Core module - (20 Credits)</p> <p>Within this module you will investigate key concepts in this field. Fundamental components will be demonstrated and explored in the laboratory setting, and data will be used to explore broad areas such as exercise interventions for sport performance, exercise with clinical patients, and rehabilitation. There will be significant focus aligned with developing knowledge around key structures and function, and how physical laws are applied in a sport and exercise setting.</p>	Practical engagement may take the form of both physical and digital sessions.
Core year 1		
	<p>Introduction to Sport Coaching Pedagogy Core module - (20 Credits)</p> <p>The aim of this module is to provide an introduction to the fundamental principles of pedagogy in relation to sport coaching as a process. You will engage with a variety of learning theories and coaching styles that underpin coaching practice and the development of a coaching philosophy.</p>	
	<p>Sport Coaching Practice Core module - (20 Credits)</p>	

	<p>The aim of this module is to provide an introduction to sport coaching practice and consider the application of learning theory and coaching styles. You will examine how to plan, deliver and evaluate sport coaching sessions and following your coaching placement, reflect on sport coaching practice.</p>	
	<p>Orientation to Higher Education and Research in the Sport and Exercise Sciences Core module - (20 Credits)</p> <p>This module will support your transition to higher education by helping you build your skills and become more independent and self-managed in your approach to study, learning and time management. You'll develop skills and techniques used in the study of sport and exercise and you will look at the way in which research is conducted in sport and exercise science. This will help you begin to develop a scientific approach to your studies.</p>	
<p>Optional year 1</p>		
	<p>Biomechanics in Sport and Exercise Optional module - (20 Credits)</p> <p>This module introduces you to the biomechanical basis of sport and exercise, through practical laboratory experiences underpinned by scientific theory. The module provides a foundation in the analysis of human movement, covering basic movement terminology, functional anatomy and principles of movement. Through laboratory work, you'll start learning about fundamental biomechanical concepts in the study of human movement in sport and exercise.</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>
	<p>Psychology of Sport, Exercise and Skill Acquisition Optional module - (20 Credits)</p> <p>The aim of this module is to provide you with an introduction to the fundamental psychology that underpins our understanding of human behaviour and learning in sport and exercise settings. You will examine central concepts, such as personality, attributions, aggression,</p>	

	<p>motivation, arousal, anxiety and stress, with reference to behaviour in the sport, exercise and the physical activity setting. You will also explore the nature and development of groups, and the influence of group dynamics on individual behaviour, along with cognitive processes involved in skill acquisition and performance, and the relationships between exercise participation and health and well-being.</p>	
	<p>Sport and Exercise Physiology Optional module - (20 Credits)</p> <p>In this module, you'll explore key topics in physiology, including energy systems, the process of muscle contraction and the cardio respiratory system. Through laboratory practical work, you'll explore the physiological effects of these systems during exercise. You will study the anatomy and physiology of gross structures and the responses and adaptations of these structures to sport and exercise training.</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>
	<p>Sport, Culture and Society Optional module - (20 Credits)</p> <p>An understanding of sociology can be very useful in order to study and investigate sport, culture and society. In this module, you will begin by exploring the historical development and management of modern sport from its folk roots. You'll then study a number of social factors in sport such as gender, sexuality, race, ethnicity, and disability, to help you understand the social problems and social issues associated with sport. You will also learn about various theories that can help conceptualise sport and exercise as a social phenomenon; these could relate to globalisation, national identity, deviance, the media and the environment.</p>	
	<p>Sport, Exercise and Fitness Optional module - (20 Credits)</p> <p>In this module, you'll explore the nature of</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>

	<p>sport and exercise training for fitness through theoretical and practical (laboratory and gym) experiences. You'll learn about the concept of exercise training specificity in relation to those with either sport and/or fitness oriented goals.</p>	
Core year 2		
	<p>Research Methods and Career Skills Development Core module - (20 Credits)</p> <p>You will explore alternative approaches to research within the sport and exercise sciences, and the philosophies and practices associated with each. You'll analyse the research process from conceptualisation through to presentation and you will develop an understanding of how to design research, collect, analyse and interpret data, and present research in an appropriate manner. You'll develop your ability to critically evaluate and conduct research in sport and exercise science, which will help to prepare you for your final year of study.</p>	
	<p>Sport Coaching in Context Core module - (20 Credits)</p> <p>In this module, you'll develop your understanding of the principles of sport coaching which apply to a variety of different populations. You will explore child development, recognising individual differences for participation and performance. You will also look at the role of relationships in the coaching process, in particular the coach athlete relationship.</p>	
	<p>The Sport Coach in Action Core module - (20 Credits)</p> <p>The aim of the module is to explore how coaching principles apply to a range of populations using a variety of approaches to coaching. You will engage with and examine applied coaching through practical lectures and your placement. There will be a further opportunity to use reflective practice to understand coaching behaviour.</p>	<p>We will be working extensively with placement providers to support this aspect of provision during CV-19. The use of both digital and face-to-face experiences are planned at this stage.</p>

Optional year 2		
	<p>Biomechanical Analysis of Movement Optional module - (20 Credits)</p> <p>In this module, you'll explore the biomechanical principles that influence physical performance. Through the application of selected theoretical concepts to sport and exercise contexts, you will develop your competency in the scientific techniques used to evaluate biomechanical aspects of exercise. This module currently focuses on biomechanical principles of motion (conservation of momentum, impulse momentum relationship, and work energy relationship), covering topics such as linear and angular kinematics and kinetics, forces and impulse, loading and injury, projectile motion, and fluid dynamics.</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>
	<p>Nutrition for Sport and Exercise Optional module - (20 Credits)</p> <p>In this module, you'll explore the interaction between nutritional factors and physiological function associated with sport and exercise performance. You'll investigate current thinking on key nutritional principles and methods of data analysis in this field. You'll also explore the efficacy of common dietary practices used in sport and exercise to promote health and performance.</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>
	<p>Psychology of Sport Optional module - (20 Credits)</p> <p>In this module, you'll examine a range of factors that influence the competitive sport performance of both individual athletes and teams. This could include psychological phenomena, such as individual motivation, and confidence and anxiety; it could also include social psychological processes, such as group motivation and cohesion, the nature of the group environment and the components of effective leadership.</p>	
	<p>Skills Acquisition Optional module - (20 Credits)</p> <p>There are many roles within the sport</p>	

	<p>sector which require well-qualified people to teach, develop and enable others to successfully execute skilled movements. This module offers you insight into some of the factors that influence the acquisition and performance of perceptual and motor skills in sport. You will develop an understanding of selected cognitive and ecological methodologies to skilled performance. These theoretical approaches to skill acquisition will be used to critique the design and organisation of current coaching practice.</p>	
	<p>Sport and Exercise Training Optional module - (20 Credits)</p> <p>In this module, you'll explore selected physiological factors that influence physical performance, as well as the methods used to enhance these factors in the context of both sport and exercise. You'll study the physiological determinants of fitness, investigate technology and methods to collect, analyse and interpret the data from specific fitness assessments, and you'll consider the role and limitations of training theory.</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>
	<p>Strength and Conditioning for Sport Performance Optional module - (20 Credits)</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>
	<p>Identities and Lifestyles in Sport and Exercise Optional module - (20 Credits)</p>	
<p>Core year 3</p>		
	<p>Sport Coaching Excellence Core module - (20 Credits)</p> <p>In this module, you'll explore critical issues in sport coaching science, and expertise in sport coaching and the development of the coach as a professional. You will examine current practices in relation to coach education, career development and lifestyle management, with particular reference to the coach as a mentor and role model.</p>	
	<p>The Expert Sport Coach Core module - (40 Credits)</p>	<p>We will be working extensively with placement providers to support this</p>

	<p>In this module, you'll consider best sport coaching practice by reviewing, analysing and critically assessing professional sports coaching with expert coaches. You'll have the opportunity to participate in a coaching placement and to critically assess, reflect and record your professional sport coaching experience and personal practice.</p>	<p>aspect of provision during CV-19. The use of both digital and face-to-face experiences are planned at this stage.</p>
Optional year 3		
	<p>Applied Sport Psychology Optional module - (20 Credits)</p> <p>In this module, you'll undertake an in-depth study of a particular topic in the sport and exercise sciences. You will use the knowledge and skills developed earlier in the course to design, carry out, analyse and write up an individual research project. Throughout the module, you will benefit from supervision from a member of the academic staff with teaching responsibilities and/or research interests in the your area of study.</p>	
	<p>Applied Technique Analysis Optional module - (20 Credits)</p> <p>In this module, you'll study the analysis of technique with distinct focus on the technologies used to develop sports and exercise equipment and evaluate performance and training. You will critically appraise selected sport and exercise skills and sports footwear, with consideration of sport-specific injuries. You'll then go on to evaluate a sport or exercise performance, applying appropriate theory and research in biomechanics.</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>
	<p>Sport and Exercise Extremes Optional module - (20 Credits)</p> <p>In this module, you'll consider specific aspects of exercise physiology associated with selected sporting extremes and their potential impact on an individual's ability to perform strenuous physical exercise. These currently include the physiological</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>

	<p>considerations of participating in sport and exercise at extremes of age and environmental conditions, as well as some of the physiological parameters governing the limits of human training/performance capacity.</p>	
	<p>Research and Career Planning Optional module - (20 Credits)</p>	
	<p>Individual Research Project Optional module - (20 Credits)</p> <p>In this module, you'll undertake an in-depth study of a particular topic in sport coaching science. You'll build on your knowledge, understanding and skills developed in Years 1 and 2, and you'll further explore the use of quantitative and/or qualitative research methodologies used within the discipline. You will conduct a literature review and propose a research project under the supervision of a member of the academic staff with teaching responsibilities and/or research interests in your area of study.</p> <p>You'll have the option of undertaking this module or the Applied Research Study.</p>	
	<p>Re-thinking Sport, Health And Body Cultures Optional module - (20 Credits)</p>	

How you'll learn

<p>Teaching</p>	<p>You will be taught through a combination of real and virtual lectures, seminars, practical sessions, labs, workshops and tutorials.</p> <p>Seminars and tutorials in smaller groups will enable you to discuss and develop your understanding of topics covered in lectures and other sessions. In addition, you will meet with your personal academic tutor on a regular basis.</p> <p>In Year 2, you will undertake a 40 hour placement and in Year 3 a 60 hour placement with a sport organisation.</p> <p>All courses are informed by the University's Learning and Teaching Strategy 2015-2022.</p>	<p><i>All programmes will be designed to accommodate blended learning approaches ensuring the learning design purposefully, thoughtfully and effectively integrates on-site face-to-face and digital learning opportunities, informed and driven by student needs.</i></p> <p><i>All lectures will be delivered digitally, (small) interactive lectures may be accommodated on campus (subject to availability).</i></p> <p><i>Contact hours are defined as hours in which a student interacts through thoughtfully structured activity to include:</i></p> <ul style="list-style-type: none"> <i>· On-site face-to-face teaching</i> <i>· Synchronous live digital teaching</i> <i>· Asynchronous digital activities as part of structured learning (for example, running a discussion activity regarding an aspect of the current topic through Blackboard Collaborate, Padlet or Blackboard Discussion Boards). A pre-recorded lecture presentation can also be included in this definition provided it is part of a broader structured activity.</i> <p>Meetings can take place with academic tutors both face to face and or virtually depending upon student preference.</p>
<p>Independent study</p>	<p>When not attending lectures, seminars, workshops or other timetabled sessions you will continue learning through self-study. Typically, this involves reading journal articles and books, undertaking research in the library, working on projects, and preparing for workshops, seminars,</p>	

	<p>coursework and examinations.</p> <p>Each module tutor will direct you towards specific readings and/or activities to complete before and/or after class to support your learning and development. Your allocated personal academic tutor will help you review your performance, and support your independent learning.</p>	
--	---	--

Overall workload	<p>Your overall workload typically consists of 10-14 contact hours per week. You will also undertake 15-20 hours of independent learning and assessment related activity each week.</p> <p>During each semester you will normally study three modules, so each module will have a 10-12 hour commitment per week.</p>	
Academic input	<p>The teaching team consists of highly qualified academics, supported by a skilled technical team. They have a range of expertise and experience across the breadth of disciplines in science generally, and sport and exercise science specifically.</p> <p>The majority of staff hold the highest academic qualification (doctorate), with a small number of staff working towards achieving this standard. Staff are research-active and many of the teaching team are at the forefront of their research fields in the UK and beyond. They have substantial experience in delivering research led and research informed teaching.</p> <p>You can find out more about the current teaching teams on our Sport and Exercise Sciences Staff web pages. You should note that members of the teaching team might change.</p> <p>Postgraduate students sometimes assist in teaching and assessing some modules. However, experienced academics teach the vast majority of lectures and seminars.</p>	
How you'll be assessed		
	<p>The course frequently provides you with opportunities to test your understanding of the subject informally before you complete the formal assessments that count towards your final mark. Many modules contain practice or 'formative' assessments or similar submissions for which you receive feedback from your tutor. Formative or practice assessments and submissions are developmental and any grades you receive for them do not count towards your module mark.</p> <p>The formal or 'summative' assessments on</p>	

	<p>each module are planned to take account of two interdependent aspects - the acquisition of relevant theory / principles, and the development of both academic and practical skills.</p> <p>Assessment methods include a range of coursework assessments such as essays, reports, portfolios, presentations, your final year project (dissertation) and written examinations. The grades from formal assessments count towards your module mark.</p> <p>You will be assessed through a range of methods, including individual and group presentations, portfolio's, case studies, essays, scientific reports and examinations. These are planned to take account of two interdependent aspects:</p> <ul style="list-style-type: none"> • The acquisition of relevant theory and principles. • The development of both academic and practical skills. <p>Accordingly, assessment procedures will take account of not only your newly acquired knowledge and skills, but also the process of developing skills and the ability to apply such knowledge and skills in the world of work.</p>	
--	---	--

Your future career

	<p>This degree opens up routes into sport coaching, sport development, coaching in sport clubs and Physical Education teaching through a Postgraduate Certificate in Education (PGCE). The course prepares successful students for further postgraduate study at all levels through to PhD. It also qualifies graduates for roles in sport, physical activity administration and research, as well as the ever expanding leisure industry. In addition it provides an excellent foundation for careers in the public sector, sport related business, and the armed and police forces look favourably upon our graduates. Students who successfully complete a Sport Coaching Science degree possess many of the specific and generic knowledge, skills and sport coaching experience that employers require.</p>	
--	--	--

Fees

UK/EU	Full-time – Foundation Year 0 £7,050	
	Full-time – years 1-3 £9,250	
	Full-time – Placement year £1,850	
Overseas	Full-time – Foundation Year 0 £9,910	
	Full-time – years 1-3 £13,000	
	Full-time – Placement year N/A	

Course specific costs		
Travel and Accommodation costs for Placements	The travel costs cover your journey to and from the sport coaching placement. The cost depends on the distance to travel and normally up to £5. This cost maybe once per week for 10 weeks in the first year and then twice per week in the second year and 3 times per week in the third year.	
DBS / Health Checks	Sport Coaching Science students are required to complete a DBS check. This must be completed before registration. The cost is £75.	
Travel to other sites (e.g. travel to swimming pool for lessons)	Sport Coaching Science students are required to travel to Polo Farm Sports Club for lectures and a mini bus service is provided.	Transport arrangements and scheduling of Polo Farm activities will be in line with COVID-19 restrictions, noting this facility is within walking distance of the main campus.
Clothing / Kit	It is recommended that all Sport and Exercise Sciences students including those taking Sport Coaching Science purchase a selection of required sport clothing items at the beginning of the first year. The cost is a minimum of £130.	
Other important information		
Date of publishing	21/4/2020	