

DEFINITIVE COURSE RECORD

Course Title	BSc (Hons) Sport Coaching
Awarding Bodies	University of Suffolk
Level of Award ¹	FHEQ Level 6
Professional, Statutory and Regulatory Bodies Recognition	None
Credit Structure ²	360 Credits Level 4: 120 Credits Level 5: 120 Credits Level 6: 120 Credits
Mode of Attendance	Full-time and Part-time
Standard Length of Course ³	3 years full-time
Intended Award	BSc (Hons) Sport Coaching
Named Exit Awards	DipHE Sport Coaching CertHE Sport Coaching
Entry Requirements ⁴	<p>Typical Offer:</p> <p>2017 Entry: 120 UCAS tariff points (or above), BBB (A-Level), DDM (BTEC).</p> <p>Students taking A-Levels will be required to have a science subject at grade B or above (which may include P.E., Psychology and/or Sport Science).</p> <p>Students taking a BTEC qualification will need to be studying a Sports Studies/Science related subject.</p>
Delivering Institution(s)	Ipswich
UCAS Code	C602

¹ For an explanation of the levels of higher education study, see the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

² All academic credit awarded as a result of study at the University adheres to the [Higher education credit framework for England](#).

³ Where the course is delivered both full-time and part-time, the standard length of course is provided for the full-time mode of attendance only. The length of the part-time course is variable and dependent upon the intensity of study. Further information about mode of study and maximum registration periods can be found in the [Framework and Regulations for Undergraduate Awards](#).

⁴ Details of standard entry requirements can be found in the [Admissions Policy](#)

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This definitive record sets out the essential features and characteristics of the BSc (Hons) Sport Coaching course. The information provided is accurate for students entering level 4 in the 2017-18 academic year.⁵

Course Summary

Coaches teach and develop athletes throughout all stages of their competitive career. All professional sports are rapidly advancing; the athletic capacity and technical skill of athletes continues to improve, and training and competition are supported by a number of sport science and medicine professions. The modern coach must be able to employ contemporary techniques in their coaching practice, by understanding the strengths and weaknesses of the latest coaching philosophies. They must also harness the scientific expertise and support available to them, to create an ideal environment for athlete and team development.

Students will gain the theoretical knowledge and practical skill-set required to coach in elite sport. Subject themes develop the core disciplines of coaching (practical methods and coaching pedagogy) as well as the sport and exercise sciences (psychology, physiology and biomechanics). These are all supplemented with further specialist sport coaching content, including original coaching research projects in elite sport.

This degree is specially designed to provide students with the theoretical knowledge and practical skillset required to work as a coach in elite sport. The degree blends university education and research-based learning.

Course Aims

- Enable students to make effective use of their knowledge and understanding of the disciplines underpinning sport coaching;
- Provide students with the knowledge and skills required for employment, both within the field of elite sport coaching, and general graduate level employment;
- Develop highly refined skills for the expert communication of scientific data and coaching information;
- Develop students' ability to collect, monitor and critically evaluate coaching relevant data and information in an elite sport environment;
- Provide students with the skills required to critically evaluate contemporary coaching, and sport and exercise science research literature;
- Engage students with the leading developments in elite sport coaching and sport science;
- Develop students' critical appreciation of the links between coaching and the sport science support services in elite sport;
- Provide students with an understanding of the multidisciplinary approaches used to aid athlete development;

⁵The University reserves the right to make changes to course content, structure, teaching and assessment as outlined in the [Admissions Policy](#).

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- Equip students with the knowledge and skills required to operate in the highly demanding field of elite sport coaching;
- Make a meaningful contribution to the development of coaching and sport science in the region, and beyond;
- Enable students to become independent learners.

Course Learning Outcomes

The following statements define what students graduating from the BSc (Hons) Sport Coaching course will have been judged to have demonstrated in order to achieve the award. These statements, known as learning outcomes, have been formally approved as aligned with the generic qualification descriptor for level 6 awards as set out by the UK Quality Assurance Agency (QAA).⁶

Demonstrate systematic and critical knowledge of:

1. The coaching driven long term development of athletes' performance
2. An elite sport coach's roles and responsibilities
3. The meaning and applied value of contemporary research evidence for managing coaching philosophies and developing athletes in elite sport settings
4. Demonstrate inventiveness in dealing with complex issues in elite sport settings
5. Identify gaps in existing knowledge and justify the need for conducting original research in sport coaching
6. Use contemporary equipment and technologies to test, analyse and monitor athlete educational, tactical and technical development
7. Demonstrate sound professional competencies when working with child and youth athletes

Course Design

The design of this course has been guided by the following QAA Benchmarks:

- Hospitality, Leisure, Sport and Tourism benchmark statements (2008)

Course Structure

The BSc (Hons) Sport Coaching comprises modules at levels 4, 5 and 6.

Module Specifications for each of these modules is included within the course handbook, available to students on-line at the beginning of each academic year.

⁶ As set out in the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

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	Module	Credits	Module Type
Level 4			
	Principles of Coaching	20	R
	Science in Sport	20	R
	Principles of Performance Analysis in Sport	20	R
	Introduction to Exercise Physiology	20	R
	Introduction to Sport and Exercise Psychology	20	R
	Educating Athletes	20	R
Level 5			
	Planning, Delivering and Evaluating Coaching Practice	40	M
	Research Methods for Sport and Exercise Sciences	20	M
	Statistics for Sport and Exercise Sciences	20	M
	Exercise Physiology	20	M
	Sport and Exercise Psychology	20	O
	Life Coaching Psychology	20	O
Level 6			
	Dissertation	40	M
	Advanced Coaching Practice	20	M
	Developing Youth Athletes	20	M
	Reflective Practice for Sports Professionals	20	M
	Applied Sport Psychology	20	O
	Sports Performance Physiology	20	O

Awards

On successful completion of the course, students will be awarded a BSc (Hons) Sport Coaching. Students who leave the course early may be eligible for a DipHE Sport Coaching on successful completion of 240 credits including all mandatory modules at levels 4 and 5, or a CertHE Sport Coaching on successful completion of 120 credits including all mandatory modules at level 4.

Course Delivery

The course is delivered at Ipswich. Students studying full-time on the BSc (Hons) Sport Coaching course are likely to have approximately 300 contact hours for level 4, 300 contact hours for level 5, and 300 contact hours for level 6. The contact hours will be a mix of lecture, practical activity, workshop and seminar. Students will normally be expected to undertake 36 hours of independent study/practice in an average week, but should be prepared for this to vary based on assignment deadlines and class exercises.

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Course Assessment

A variety of assessments will be used on the course to enable students to experience and adapt to different assessment styles. The assessment methods used will be appropriate to assess each module's intended learning outcomes. Assessment on the course overall will be approximately 74% coursework (including essays, reports, presentations, group work, reflective learning journals, research projects and practical observations) and 26% written and practical examinations.

Course Team

The BSc (Hons) Sport Coaching course is offered within the Department of Science and Technology in the Faculty of Health and Science. All staff are qualified in their subjects with their own specialist knowledge to contribute. Profiles of the academic staff who deliver the course are available [online](#).

Course Costs

Students undertaking the BSc (Hons) Sport Coaching course will be charged tuition fees as detailed below.

Student Group	Tuition Fees
Full-time UK/EU	£9,250 per year
Part-time UK/EU	£1,454 per 20 credit module
Full-time International	£11,580 per year
Part-time International	£1,930 per 20 credit module

Payment of tuition fees is due at the time of enrolment and is managed in accordance with the Tuition Fee Policy.

Academic Framework and Regulations

This course is delivered according to the Framework and Regulations for Undergraduate Awards and other academic policies and procedures of the University and published on the [website](#).