

DEFINITIVE COURSE RECORD

Course Title	FdSc Sports Coaching and Development
Awarding Bodies	University of Suffolk
Level of Award ¹	FHEQ Level 5
Professional, Statutory and Regulatory Bodies Recognition	None
Credit Structure ²	240 Credits Level 4: 120 Credits Level 5: 120 Credits
Mode of Attendance	Full-time and Part-time
Standard Length of Course ³	2 years full-time
Intended Award	FdSc Sports Coaching and Development
Named Exit Awards	CertHE Sports Coaching and Development
Entry Requirements ⁴	Typical Offer: 80 UCAS tariff points (or equivalent) Any offer of a place will be subject to a satisfactory enhanced Disclosure and Barring Service (DBS) check
Delivering Institution(s)	University of Suffolk at West Suffolk College
UCAS Code	CX6D

This definitive record sets out the essential features and characteristics of the FdSc Sports Coaching and Development course. The information provided is accurate for students entering level 4 in the 2017-18 academic year⁵.

Course Summary

The course is specifically designed for students interested in gaining the essential skills and knowledge base needed in order to reach their full potential in what is an ever evolving and fast-paced industry. The programme of study is responsive and flexible and as current as possible, encouraging a culture of self-reflection and continuous professional development in students. The staff team are not only university lecturers but also sporting professionals, such as coaches currently operating within the current environment, along with various guest lectures given by those working across a diverse range of disciplines.

Course Aims

- To demonstrate an understanding of the role of physiological, psychological and sociological theories in the coaching process

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](#)

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

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- To demonstrate competent coaching skills in sport, and the ability to reflect, evaluate and revise coaching methods and improve sports performance
- To show an awareness of personal preferred learning styles and theories of learning, and the ability to career plan within the sport and “active leisure” sector
- To demonstrate an awareness of the process of sports development and the role of national governing bodies
- To develop an awareness of the role of work experience in learning, and apply relevant theory to critical learning incidents
- To show a critical awareness of research in sports coaching and its relevance to coaching practice
- To demonstrate an awareness of current issues facing the contemporary sports coach in terms of inequality and the role of the media
- To demonstrate knowledge of the key barriers to participation, and examples of how barriers have been successfully challenged, both in the UK and internationally
- To demonstrate flexibility in practical coaching sessions to reflect the group profile, with special reference to adapted physical activity and the resources available
- To demonstrate the ability to analyse a sports performance effectively and suggest realistic improvements
- To demonstrate the ability to reflect on different coaching philosophies, and to apply different sociological concepts to the coaching process

Course Learning Outcomes

The following statements define what students graduating from the FdSc Sports Coaching and Development 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 5 awards as set out by the UK Quality Assurance Agency (QAA)⁶.

Knowledge and Understanding

1. Demonstrate a critical understanding of the biological basis for human movement
2. Demonstrate knowledge of the main methods of coaching and training and ability to evaluate critically the appropriateness of different approaches to solving problems and achieving set goals
3. Demonstrate knowledge and critical understanding of the sociological and psychological issues relevant to the professional sports coach
4. Critically understand barriers to sports participation and sports development

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

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5. Demonstrate a critical understanding of the structure of UK sport, its organisation and societal issues that affects it

Mental or Cognitive Skills

6. Apply the underlying concepts and principles of sports coaching and development in an employment context
7. Use a range of established techniques to initiate and undertake critical analysis of information and to propose solutions to problems arising from that analysis
8. Process technical information, relate this to a broader context and understand relationships between the subject content of individual modules
9. Critically evaluate alternative theories and techniques both in the broad context of sports coaching issues and in relation to specific, specialist sports coaching situations

Subject Specific and Practical Skills

10. Plan, execute and evaluate a competent sports coaching session
11. Select and justify the selection of a variety of coaching methods
12. Plan, review and justify a training programme for a sports performer
13. Analyse a sports performance and feedback constructively to the sports performer

Key Skills

14. Effectively communicate information, arguments and analysis in a variety of forms to specialist and non-specialist audiences
15. Demonstrate the qualities and transferable skills necessary for employment requiring the exercise of personal responsibility and decision-making

Course Design

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

- Hospitality, Leisure, Sport and Tourism (2008)

Course Structure

The FdSc Sports Coaching and Development comprises modules at levels 4 and 5.

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

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	Module	Credits	Module Type ⁷
Level 4			
	Anatomy for Sport	20	R
	Introduction to the Principles of Sports Coaching	20	R
	Personal Development	20	R
	Applied Physiology	20	R
	Psychological Perspectives for Sports Coaching	20	R
	Social Perspectives in Sports Development	20	R
Level 5			
	Sports Development in the Community	20	R
	Performance Analysis and Improvement	20	R
	Skills in Research and Problem Solving	20	M
	Advanced Coaching Skills	20	R
	Contemporary Issues in a Modern Sporting Environment	20	R
	Work Experience as a Resource for Learning	20	R

Awards

On successful completion of the course, students will be awarded a FdSc Sports Coaching and Development. Students who leave the course early may be eligible for a CertHE Sports Coaching and Development on successful completion of 120 credits.

Course Delivery

The course is delivered at West Suffolk College. Students studying full-time on the FdSc Sports Coaching and Development are likely to have approximately 36 contact hours per module. The contact hours will be a mix of lectures and small group seminars with 1.5 hours per week of practical work. There is an expectation for students to carry out coaching throughout their time on the course with a reflective diary submitted. Students arrange their own placements and will need to do a minimum of 24 hours within the Work Experience module. Students will normally be expected to undertake 25 hours of independent study in an average week, but should be prepared for this to vary based on assignment deadlines and class exercises.

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 mostly coursework (including essays, presentations, video assessments) and three multiple choice and short answer exams.

⁷ Modules are designated as either mandatory (M), requisite (R) or optional (O). For definitions, see the [Framework and Regulations for Undergraduate Awards](#)

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Course Team

The academic staff delivering this course are drawn from a team that includes teaching specialists and current practitioners. All staff are qualified in their subjects with their own specialist knowledge to contribute.

Course Costs

Students undertaking FdSc Sports Coaching and Development will be charged tuition fees as detailed below.

Student Group	Tuition Fees
Full-time UK/EU	£8,220 per year
Part-time UK/EU	£1,370 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.

Students are required to complete a DBS check that may incur a cost.

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](#).