

Programme Aim and Title	BSc (Hons) Sports Coaching (available at UEL only) BSc (Hons) Sports Coaching and Physical Education (available at Metropolitan College only)
Intermediate Awards Available	Cert HE DipHE BSc
Teaching Institution(s)	UEL
Alternative Teaching Institutions (for local arrangements see final section of this specification)	Metropolitan College, Greece
UEL Academic School	Health, Sport and Bioscience
UCAS Code	C602
Professional Body Accreditation	N/A
Relevant QAA Benchmark Statements	Unit 25 Hospitality, Leisure, Sport and Tourism (specific reference to Sport)
Additional Versions of this Programme	N/A
Date Specification Last Updated	May 2018

Programme Aims and Learning Outcomes

This programme is designed to give you the opportunity to:

- Analyse the criteria for and the factors contributing to excellence in sport
- Effectively plan, prepare, implement and evaluate coaching programmes for a range of different groups and individuals
- Review and assess the range of factors within society impacting upon effective coaching

What you will learn:

Knowledge

- Recognise the range of roles, functions and levels in which sports coaches can operate
- Maintain the currency and practical application of the learning experience, especially with regard to the development of coaching qualifications

Thinking skills

- Develop a clear ethos of scientific investigation in the furtherance of sporting 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
- Become a skilled sports coach that will meet the needs of the community at large

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
- Lectures
- Online discussions and activities

Thinking skills are developed through

- Seminar discussions and debates
- Problem-solving activities
- The use of applied scenarios in practical activities

Practical skills are developed through

- Practical coaching / teaching sessions
- Delivery of informal presentations
- Workshops on specific skills
- Research skills-based activities with feedback

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

- Group-based activities to develop teamwork skills
- Planning activities with feedback
- Project work

Assessment

List here the assessment methods that you use. Once again, in order to demonstrate that all learning outcomes are assessed, it might be helpful if you use one of the approaches suggested above. Examples of forms of assessment include coursework, presentations, and case studies.

Knowledge is assessed by

- Coursework taking the form of reports and essays
- Tests / examinations – both online and traditional

Thinking skills are assessed by

- Delivery of practical coaching / teaching sessions

- Production of activities / session plans
- Presentations

Practical skills are assessed by

- Delivery of practical coaching / teaching sessions
- Production of activity / session plans
- Presentations

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

- Project work
- Group work on practicals and presentations

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

Work or Study Placements

All students are encouraged from the start of the programme to take every opportunity to gain relevant work experience. The Sports Coaching programme includes a core (compulsory) Work Placement module that runs during the third year of study where students gain substantial work experience to increase their attractiveness to potential employers as well as credits towards their degree.

Students will be supported in their preparation for this placement experience however the responsibility rests with the student to locate and secure an appropriate placement. Placements must fully meet programme requirements ensuring that placement supervisors are suitably qualified. Before the commencement of the placement experience all students will need to complete placement documentation including relevant police checks.

Programme Structure

All programmes 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 programme.
- 4 Equivalent in standard to the first year of a full-time undergraduate degree programme.

- 5 Equivalent in standard to the second year of a full-time undergraduate degree programme.
- 6 Equivalent in standard to the third year of a full-time undergraduate degree programme.
- 7 Equivalent in standard to a Masters degree.

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

The module structure of this programme:

Level	Module Code	Module Title	Credit Weighting	Core/Option	Available by Distance Learning? Y/N
4	SE4100	Human Performance	30	Core	N
4	SE4101	Psychological Aspects of Sport & Exercise	15	Core	N
4	SE4102	Research Skills for Sport & Exercise	30	Core	N
4	SE4103	Coaching Principles	15	Core	N
4	SE4104	Development of Sport	30	Core	N
5	SE5102	Research Methods and Design	30	Core	N
5	SE5107	Principles and Practice in Teaching & Coaching	30	Core	N
5	SE5106	Inclusion in Youth Sport & PE	15	Option	N
5	SE5110	Disability, Sport & PE	15	Core	N
5	SE5100	Physiological & Nutritional Assessment	30	Option*	N

5	SE5104	Analysis & Development of Performance	15	Option*	N
5	SE5108	Sport & Exercise Psychology	15	Core	N
5	SE5113	Training Programmes	15	Option	N
5	SE5105	Sport & PE Policy	15	Option	N
5	SE5117	Sport Specialisation and Skills Development in Practice	0	Option**	N
6	SE6100	Independent Research Project	30	Core	N
6	SE6109	Young People, Sport & PE	30	Option	N
6	SE6104	Work Placement	15	Core	N
6	SE6101	Exercise Physiology Techniques for Applied Practice and Research	15	Option*	N
6	SE6105	Applied Coaching	30	Core	N
6	SE6106	Chronic Health Conditions & Exercise	15	Option*	N
6	SE6110	Nutrition for Sporting Health	15	Option*	N
6	SE6111	Applied Sports Biomechanics	15	Option*	N
6	SE6115	Applied Sports Psychology	15	Core	N

6	SE6118	Contemporary Issues in Health, Sport & Physical Activity	30	Option*	N
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* Not available at Metropolitan College Greece

** Not available at UEL

Please note: Optional modules might not run every year, the programme 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 programme module structure:

A core module for a programme 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 programme is a module selected from a range of modules available on the programme.

The overall credit-rating of this programme 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.

Programme 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.

The expected duration of this programme is 3 years full-time or 5 years part-time.

A student cannot normally continue study on a programme after 4 years of study in full time mode unless exceptional circumstances apply and extenuation has been granted. The limit for completion of a programme in part time mode is 8 years from first enrolment.

Further Information

More information about this programme is available from:

- The UEL web site (www.uel.ac.uk)
- The programme handbook
- Module study guides
- UEL Manual of General Regulations (available on the UEL website)



- UEL Quality Manual (available on the UEL website)
- Metropolitan College (<https://www.metropolitiko.edu.gr/en/>)
- Greek Online Library (<http://repository.edulll.gr>)

All UEL programmes are subject to thorough programme approval procedures before we allow them to commence. We also constantly monitor, review and enhance our programmes by listening to student and employer views and the views of external examiners and advisors.

Additional costs:

First Aid Course (UEL On Campus Students Only)

Sports Clothing

Alternative Locations of Delivery

This programme is also taught by Metropolitan College in English and Greek and awarded by the University of East London

Modules SE5100, SE5104, SE6101, SE6106, SE6110, SE6111 and SE6118 are not offered at this partner.