

COURSE INFORMATION



University
Centre
Somerset

Part of Bridgwater & Taunton College

Foundation Degree Sports Science with Sports Coaching Education

Subject:	Sport
Type:	Foundation Degree
Course Code:	LST154T/EM1
Attendance:	Full Time
Location:	Taunton
Awarding body:	Oxford Brookes University

Description

The course is designed to provide students with a conceptual understanding of both the Sports Science and Sports Coaching industries. Students will gain the knowledge and experiences underpinning the various disciplines of Sports Science; sport psychology, biomechanics and exercise physiology, whilst also developing their appreciation and understanding of the complex and diverse nature of the coaching environment. This provides a holistic experience and interdisciplinary approach where students gain a breadth of knowledge and experiences of both disciplines in which they can utilise to negotiate the challenges within these industries.

Throughout the course students will have the opportunity to undertake various work placements providing them with the vital experience and skills required in this sector, and to apply the knowledge and understanding gained within the course within the practical environment.

Teaching and Assessment

Providing students with an exceptional teaching, learning and assessment experience is at the heart of the programme and underpins all learning outcomes within our modules. Teaching and learning experiences may take a variety of forms from lectures, workshops, tutorials or practical environments. Lectures allow for main theories to be introduced, with workshops and practical environments allow for the contextual application of these theories to practice. Tutorials and one-to-ones provide students with the opportunity to access regular academic/personal support from the programme leader, ensuring the health and wellbeing of all our students is facilitated throughout the duration of their programme.

Should students require additional learning support, this can be facilitated and supported through the University Centre's learning support team, allowing appropriate learning strategies to be implemented and academic support arrangements to be made.

Students are expected to engage with independent learning through our Virtual Learning

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Environment, which provides additional support and information on their academic programme and personal development.

Ensuring students develop the skills required within industry, assessments on the programme adopt many forms, encouraging a diverse and contemporary approach. These assessment methods include traditional essays, laboratory reports, presentations, screencasts, podcasts and practical deliveries. Students will have opportunities to receive formative feedback from academic staff on their assignment submissions, should they adhere to the University Centre's policy on formative submissions. Typically each module has two summative assessments, this can vary between modules, however these are clearly identified in the module handbooks which are available for students to access upon their enrolment.

Throughout the duration of the course students will undertake a number of compulsory and elective modules. Students will study 12 compulsory (c) and 4 elective (e) modules from the following options:

Year 1

- Academic & Research Enhancement (c)
- Exercise Physiology & Anatomy (c)
- The Sport and Exercise Practitioner (c)
- Skill in Sport: Learning & Mechanics (c)
- Sociology of Sport (c)
- Coaching: Theory to Practice 1 (c)
- Nutrition (e)
- Measurement & Meaning (e)
- Effective Coaching Practice (e)

Year 2

- Principles of Training (c)
- Applied Sport & Exercise Physiology (c)
- Research Methods (c)
- Sports Development (c)
- Sports Psychology (c)
- Coaching: Theory to Practice 2 (c)
- Motivating Health Behaviour (e)
- Global & Cultural Studies (e)
- Sports Biomechanics (e)

Students will typically receive their course timetable at enrolment, however they may receive this during their first week.

Progression Opportunities

If you would like to continue your education on completion of this course, you can

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continue on to the BSc (Hons) Applied Sports Science and Coaching Top-up at the University Centre of Somerset (*subject to validation).

Alternatively you can chose to continue at Oxford Brookes University to study BSc (Hons) Sport and Exercise Science, or BSc (Hons) Sport, Coaching and Physical Education, or apply to another university of your choice.

Career Progression

Through the various experiences provided on the programme, students will not only gain industry specific skills but develop specific graduate attributes throughout their duration being Academic & Research Literacy, Critical self-awareness and personal literacy, Digital and information literacy and Active citizenship.

Students can progress in to a variety of careers within the sport industry including sports development or coaching, PE Teaching, sports science support, leisure and recreation management or working for county sports partnerships, to name but a few.

We may also be able to offer the opportunity of a number of internships with Yeovil Town Ladies FC, Taunton Town FC. These will enable you to contextualize your learning and to gain valuable experiences and to stand out from other graduates due to bespoke opportunities this elite environment provides.

Entry Requirements

You will require a minimum of 48 UCAS tariff points from a full Level 3 qualification in a relevant subject area and at least four GCSEs at grades 4 and above including Maths and English or Level 2 equivalent.

Mature applicants with relevant experience who do not have the stated entry requirements are encouraged to apply.

Costs

£7570

Who to contact with your questions

For course specific enquiries please contact Programme Leader Ashley Kempson on kempsona@btc.ac.uk

For general enquiries please contact the Admissions Team on 01278 441234 or info@btc.ac.uk