

Overview

Programme Code	36481
Programme Title	Sport Coaching and Performance
Awarding Institution	Liverpool John Moores University
Programme Type	Degree

Awards

Award Type	Award Description	Award Learning Outcomes
Target Award	Bachelor of Science with Honours - BSH	N/A
Recruitable Target	Certificate of Higher Education - CHE	Explore the field of sports coaching and the roles and responsibilities required to become an effective practitioner. Explain the structure and functions of the major physiological systems and utilise procedures to measure these within exercise. Describe and assess the structure and roles of various sporting organisations, sports provision and physiological demands within sport.
Alternative Exit	Certificate of Higher Education - CHE	Explore the field of sports coaching and the roles and responsibilities required to become an effective practitioner. Explore the field of sports coaching and the roles and responsibilities required to become an effective practitioner. Explain the structure and functions of the major physiological systems and utilise procedures to measure these within exercise. Explain the structure and functions of the major physiological systems and utilise procedures to measure these within exercise. Describe and assess the structure and roles of various sporting organisations, sports provision and physiological demands within sport. Describe and assess the structure and roles of various sporting organisations, sports provision and physiological demands within sport.

Alternative Exit	Diploma of Higher Education - DHE	Explore the field of sports coaching and the roles and responsibilities required to become an effective practitioner. Explain the structure and functions of the major physiological systems and utilise procedures to measure these within exercise. Examine somatic and cognitive human responses to exercise and how these can be affected by different environments. Describe and assess the structure and roles of various sporting organisations, sports provision and physiological demands within sport. Analyse and apply academic theory and concepts to physiological performance, sports development and coaching practice. Monitor and analyse human responses to exercise both in a laboratory and field setting. Produce and evaluate strategies for maximising the participant experience and performance in relation to government policies and agendas. Take ownership of personal learning and development including time management and organisational skills. Employ reflective skills to support academic work.
Recruitable Target	Diploma of Higher Education - DHE	Explore the field of sports coaching and the roles and responsibilities required to become an effective practitioner. Explain the structure and functions of the major physiological systems and utilise procedures to measure these within exercise. Examine somatic and cognitive human responses to exercise and how these can be affected by different environments. Describe and assess the structure and roles of various sporting organisations, sports provision and physiological demands within sport. Analyse and apply academic theory and concepts to physiological performance, sports development and coaching practice. Monitor and analyse human responses to exercise both in a laboratory and field setting. Produce and evaluate strategies for maximising the participant experience and performance in relation to government policies and agendas. Take ownership of personal learning and development including time management and organisational skills. Employ reflective skills to support academic work.

Alternate Award Names	
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Partner Name	Partnership Type
Nelson and Colne College Group	Validated

External Benchmarks

Subject Benchmark Statement	UG-Events, Hospitality, Leisure, Sport and Tourism (2019)
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Programme Offering(s)

Mode of Study, Mode of Delivery	Intake Month	Teaching Institution	Programme Length Programme Length Unit
Full-Time, Face to Face	January	Accrington Campus, Nelson and Colne College	3 Years
Full-Time, Face to Face	September	Accrington Campus, Nelson and Colne College	3 Years

Aims and Outcomes

Educational Aims of the Programme	The main educational aims of the programme are to: Provide a positive environment that engages independent student learning and develops transferable skills relevant to employment in the sport coaching and performance industry; Develop students' academic knowledge and practical application of sport coaching and performance studies through a flexible and innovative learning environment; Develop critical, reflective practitioners using current best practices in the sport coaching and performance industry that aims to equip students with the underpinning knowledge and practical skills required for employment, further study and lifelong learning.
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Learning Outcomes

Code	Number	Description
PLO1	1	Explore the field of sports coaching and the roles and responsibilities required to become an effective practitioner.
PLO2	2	Monitor and analyse human responses to exercise both in a laboratory and field setting.
PLO3	3	Devise and evaluate strategies to ensure the welfare of participants to provide a safe and inclusive coaching environment.
PLO4	4	Monitor, analyse, select and apply appropriate procedures to enhance learning and performance within sport.
PLO5	5	Produce and evaluate strategies for maximising the participant experience and performance in relation to government policies and agendas.
PLO6	6	Conduct and present research to identify and investigate issues appropriate to the sports coaching and performance industry.
PLO7	7	Take ownership of personal learning and development including time management and organisational skills.
PLO8	8	Apply principles of research design and main methods of data collection, analysis and interpretation of information.
PLO9	9	Employ reflective skills to support academic work.
PLO10	10	Demonstrate good interpersonal skills and team-working ability.
PLO11	11	Explain the structure and functions of the major physiological systems and utilise procedures to measure these within exercise.

PLO12	12	Assess industry legislation and guidance, organisational policies and procedures and the application to practice.
PLO13	13	Examine somatic and cognitive human responses to exercise and how these can be affected by different environments.
PLO14	14	Critically evaluate human responses to exercise, sports performance and coaching.
PLO15	15	Analyse the role of a coach within the sector and apply the principles of good professional practice.
PLO16	16	Describe and assess the structure and roles of various sporting organisations, sports provision and physiological demands within sport.
PLO17	17	Analyse and apply academic theory and concepts to physiological performance, sports development and coaching practice.
PLO18	18	Critically evaluate the principles underpinning coaching practice and exercise training.

Course Structure

Programme Structure Description

Programme Structure - 360 credit points	
Level 4 - 120 credit points	
Level 4 Core - 120 credit points	CORE
[MODULE] 4501SPRT Introduction to Coaching Approved 2022.01 - 20 credit points	
[MODULE] 4502SPRT Personal and Professional Development Approved 2022.01 - 20 credit points	
[MODULE] 4503SPRT Introduction to Psychology Approved 2022.01 - 20 credit points	
[MODULE] 4504SPRT Coaching Pedagogy Approved 2022.01 - 20 credit points	
[MODULE] 4505SPRT Anatomy and Exercise Physiology Approved 2022.01 - 20 credit points	
[MODULE] 4506SPRT Introduction to Research Methods Approved 2022.01 - 20 credit points	
Level 5 - 120 credit points	
Level 5 Core - 120 credit points	CORE
[MODULE] 5501SPRT Applied Issues in Sports Development and Society Approved 2022.01 - 20 credit points	
[MODULE] 5502SPRT Career Focused Professional Development Approved 2022.01 - 20 credit points	
[MODULE] 5503SPRT Psychological Issues in Professional Sport Approved 2022.01 - 20 credit points	
[MODULE] 5504SPRT Coaching Skills Project Approved 2022.01 - 20 credit points	
[MODULE] 5505SPRT Physiology of Strength and Conditioning Exercise Approved 2022.01 - 20 credit points	
[MODULE] 5506SPRT Research Development Approved 2022.01 - 20 credit points	
Level 6 - 120 credit points	
Level 6 Core - 120 credit points	CORE
[MODULE] 6501SPRT Sports Policies and Agendas Approved 2022.01 - 20 credit points	
[MODULE] 6502SPRT Applied Sport Psychology Approved 2022.01 - 20 credit points	
[MODULE] 6503SPRT Applied Strength and Conditioning Approved 2022.01 - 20 credit points	
[MODULE] 6504SPRT Professional Development and Practice Approved 2022.01 - 20 credit points	
[MODULE] 6505SPRT Research Project Approved 2022.01 - 40 credit points	

Teaching, Learning and Assessment

Teaching, Learning and Assessment	Teaching and learning will comprise a combination of formal lectures, small group seminars, discussion forums, one to one tutorials, computer based learning and practical laboratory or coaching sessions. During the lectures, students will be introduced to core concepts with examples drawn from sports science and coaching contexts.
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Opportunities for work related learning

Opportunities for work related learning
Work-related learning is a key element within the programme that provides opportunities for students to engage in real world projects and activities.

Entry Requirements

Type	Description
A levels	<p>The target entry profile is based on the requirements of the subject areas and is not definitive. A typical offer will include GCSE Maths and English at grade C or above and a UCAS Tariff score of 200-240. This score can be achieved from passes in two 6-unit GCE A-levels/AVCEs or from a pass in a 12-unit AVCE. The programme offers internal college students a progression route to higher education as well as recruiting students externally via UCAS. Selection criteria/entry criteria:</p> <ul style="list-style-type: none"> • At least 200 UCAS tariff points (60 points from AS alone; at least 100 points should be obtained from A2s, AVCE, GNVQ Advanced or Scottish Highers) • At least 12 A level points if taken before 2002 • Advanced or Progression Diplomas (from 2010) where they demonstrate relevance to the HE programme. (UCAS Tariff to be decided) • BTEC ND at merit or distinction • Access to Higher Education Diploma - 60 credits, of which at least 45 must be achieved at level 3 (from 2010, with merit or distinction) and with an appropriate combination of modules. • Open College level 3 qualifications (obtained in or before 2008) at 60% or above - with consideration of marks above 50% • NVQ level 3 in relevant vocational areas • GCSE Maths and English Grade C or equivalent • International English Language Test System (IELTS) 6.0 • Relevant work experience/ professional qualifications • Some evidence of academic knowledge, experience/skills within the core areas of the course (e.g. coaching/playing experience; working with young people; related work in the sport industry; an understanding of anatomy and physiology principles; volunteer work in sport such as a community football club) • Prospective students without prior academic qualifications in relevant subjects may be asked to demonstrate their suitability for the programme by researching and producing a 1200-word essay on an appropriate topic. <p>Expected knowledge and skills: Criteria to be explored during interview and/or via references: Academic potential Motivation Relevant experience Organisational ability</p>

Programme Contacts

Programme Leader

Contact Name

Link Tutor

Contact Name

Colin Lewis