

#### Overview

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| Programme Code       | 36482                            |
| 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.   |
| 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.   |
| 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. |

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

## External Benchmarks

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| 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 |
|---------------------------------|--------------|---|--|
| Part-Time, Face to Face         | January      | Accrington Campus, Nelson and Colne College | 6 Year                                 |
| Part-Time, Face to Face         | September    | Accrington Campus, Nelson and Colne College | 6 Year                                 |

## Aims and Outcomes

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| 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.           |

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|-------|----|---|
| 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

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| Programme Structure Description | This programme will be studied on a part-time basis and students will normally be expected to complete 60 credits per academic year. The schedule for the delivery of the modules will be determined by NCC and communicated to LJMU prior to students commencing on each stage of the programme. |
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| <b>Programme Structure - 360 credit points</b>   |      |
|--|------|
| <b>Level 4 - 120 credit points</b>   |      |
| <b>Level 4 Core - 120 credit points</b>  | 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                 |      |
| <b>Level 5 - 120 credit points</b>   |      |
| <b>Level 5 Core - 120 credit points</b>  | 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                             |      |
| <b>Level 6 - 120 credit points</b>   |      |
| <b>Level 6 Core - 120 credit points</b>  | 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

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| 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. Students will have the opportunity to apply knowledge gained in the lectures into a practical setting using specially designed activities during seminars and practical sessions in the Sports Science Laboratory, the Sports Hall or in the field. Seminars and practical sessions have been designed to allow students to gain 'hands on' experience of using equipment, testing procedures and field-based assessments. Theoretical and practical use of research methods has been built into the modules allowing the student to analyse data when it is collected to enhance understanding and utilisation of statistical methods. |
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## Opportunities for work related learning

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| 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. The programme has active links with industry and involves employers in the industrial projects, utilising real world case studies wherever possible. |

## 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"> <li>• 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)</li> <li>• At least 12 A level points if taken before 2002</li> <li>• Advanced or Progression Diplomas (from 2010) where they demonstrate relevance to the HE programme. (UCAS Tariff to be decided)</li> <li>• BTEC ND at merit or distinction</li> <li>• 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.</li> <li>• Open College level 3 qualifications (obtained in or before 2008) at 60% or above - with consideration of marks above 50%</li> <li>• NVQ level 3 in relevant vocational areas</li> <li>• GCSE Maths and English Grade C or equivalent</li> <li>• International English Language Test System (IELTS) 6.0</li> <li>• Relevant work experience/ professional qualifications</li> <li>• 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)</li> <li>• 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. Expected knowledge and skills: Criteria to be explored during interview and/or via references: Academic potential Motivation Relevant experience Organisational ability</li> </ul> |

## Programme Contacts

### Programme Leader

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| Contact Name |
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### Link Tutor

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| Contact Name |
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| Colin Lewis |
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