

BSC (HONS) IN SPORTS COACHING

With the aim of preparing you for a successful career in coaching, coaching support, coaching management or teaching, this three-year degree programme combines practical coaching with the academic theory of fundamental concepts within coaching, sports science and teaching. You will develop your practical and contextual knowledge, and reflect on and evaluate your own coaching behaviour by putting theory into practice through applied studies, placements and assessments.

Awarded By:



COURSE CONTENT

Coaching practice constitutes a large proportion of this programme, providing you with the opportunity to gain feedback from experienced, professional coaches. You will also be required to conduct your own research project, allowing you to explore a particular area of personal interest in the coaching field.

The course uses a range of learning strategies, including lectures, seminars, practical sessions, workshops, online activities and peer-group learning. You are also encouraged to become an independent, self-motivated learner.

Assessments include exams, essays, projects, presentations and reports. Such diversity allows you to refine various academic and professional skills to prepare for your next steps. An Academic Tutor will work closely with you throughout the duration of your programme, supporting your development and tracking your academic progress to ensure that you maximise your potential.

MODULES

YEAR 1

- Fundamentals of Coaching Practice
- Introduction to Sport and Exercise Psychology
- Sociology of Sports Coaching
- Research and Academic Skills for Coaches
- Introduction to Practical and Theoretical Considerations in Sports Coaching
- Injury Prevention
- Foundations of Sport and Exercise Science
- Principles of Teaching and Coaching

YEAR 2

- Employability and Coaching Placement
- Coaching Special Populations
- Research Methods
- Pedagogy in Sport and Physical Education
- Contemporary Issues in Sports Coaching
- Acquiring Movement Skills
- Issues in Sport and Exercise Psychology
- Strength and Conditioning
- Sport and Exercise Physiology
- Biomechanics of Sports Injuries
- Nutrition for Sports Performance
- Sports Development in Practice
- Physical Activity and Health Promotion
- Talent Identification and Development

YEAR 3

- Research Project
- Coaching Practice and Mentorship
- Advanced Coaching Principles
- Physical Education and Teaching
- Applied Strength and Conditioning
- Applied Performance Analysis
- Applied Sports Psychology
- Advanced Topics in Sports Biomechanics
- Issues in Health and Elite Sport
- Advanced Topics in Exercise and Health Physiology
- Performance Nutrition
- Advanced Topics in Physical Activity and Health
- Sports Policy and Governance
- Advanced Topics in Exercise Psychology
- Performance Physiology
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ENTRY REQUIREMENTS

[96 UCAS points.](#)

GCSE or equivalent English Language and maths at grade 4/C or above.