Develop expertise in coaching, strength & conditioning and performance analysis, on a degree endorsed by CIMSPA, the Chartered Institute for the Management of Sport and Physical Activity.

Sports coaching and development is a rapidly growing area which covers youth and elite sport, community and organisational development, strength and conditioning, and performance analysis. Studying this degree will enable you to develop the practical and theoretical knowledge you will need to implement contemporary sports coaching and development initiatives. It will also

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<th>UCAS Code:</th>
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<td>Course Length:</td>
<td>3 Years Full-Time, 6 Years Part-Time</td>
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<td>Start Dates:</td>
<td>September 2020</td>
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<td>Department:</td>
<td>Sport and Physical Activity</td>
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<td>Location:</td>
<td>Edge Hill University</td>
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<td>Example Offers:</td>
<td>BBC (A Level) or DMM (BTEC)</td>
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enhance your understanding of the qualities and skills that you will need to work effectively in sports coaching and sports development settings. The programme is endorsed by CIMSPA, the Chartered Institute for the Management of Sport and Physical Activity.
What will I study?

In Year 1 you will examine the complex relationships between sport, physical activity and health, gain familiarity with child protection in sport, examine sports policy and administration, discover the underpinning physiology and biomechanics of sporting performance, receive a grounding in sports research skills, and develop an appreciation of the essential pedagogical nature of coaching work.

Year 2 addresses a number of contemporary issues in sports coaching and development and allows you to gain practical hands-on experience. Key themes include sports research, coaching pedagogy, strength and conditioning, and performance analysis. Optional modules develop expertise in sport and athlete welfare, safeguarding and child protection in sport, or community sport development and coaching.

In Year 3 you will complete an independent research dissertation and undertake a work placement, in addition to studying advanced issues in coaching pedagogy and performance analysis. Optional modules examine elite sports development systems, community sports development organisations, and Government policy and interventions which promote physical and mental health through participation in sport and physical activity. The emphasis in Year 3 is on applying your theoretical understanding of contemporary issues in sports coaching and sports development to real life situations.

Who will be teaching me?

You will be taught by highly enthusiastic and committed staff who have a wealth of experience working with a variety of sport organisations. The programme team are also involved in national and international research projects that influence the way sport is coached, developed and managed. They will ensure you receive cutting edge knowledge, combined with vital practical experience, to prepare you for the world of work.

A Great Study Environment

All courses in the Department of Sport and Physical Activity place a strong emphasis on practical work, underpinned by outstanding facilities including dedicated biochemistry, biomechanics, performance analysis, physiology and psychology laboratories.

The performance analysis laboratory provides access to industry-standard software and audio-visual equipment for the analysis of athletic and coaching performance, while the biochemistry laboratory enables you to collect data...
and accurately analyse a wide range of metabolites, using the latest technology, to determine the physiological responses of athletes and others, to a variety of exercise stresses such as running, cycling and rowing.

There is a dedicated sports therapy clinic, providing a clinical learning environment in which to gain practical experience, as well as a functional rehabilitation centre where bespoke rehabilitation programmes for individuals or small groups can be implemented.

Additional learning resources include high quality eye-tracking systems in a specialist vision analysis laboratory where you can measure hand-eye coordination, ocular-motor control, reaction times, cognition and other mechanisms associated with visual perception. Cutting edge musculoskeletal assessment tools combine with a dedicated strength and conditioning area in our MSk laboratory where you can assess athletes and implement (p)rehabilitation programmes. Isokinetic dynamometry, electromyography and dynamic balance assessment can all be conducted with immediate transfer to exercise prescription.

In the Sleep, Exercise and Performance laboratory, you can measure the responses of individuals to sleep, sleep deprivation and changes in the circadian rhythms of a variety of biological processes. This helps to determine the best time to exercise or when individuals need to sleep and recover.

Complementing the impressive academic facilities, there are £30 million of sport and leisure facilities across 60 acres on campus, including top-of-the-range 3G football and rugby pitches, hockey pitches, tennis courts, a competition-standard athletics track and an athletics field. The University sports centre boasts a 25-metre swimming pool, double sports hall for badminton, basketball, netball and squash, a 100-station fitness suite, aerobics studio and a health suite with sauna and steam rooms.
Level 4 (Year 1 of Full-Time Programme)

SPT1726: Introduction to Sport, Physical Activity and Health (20 credits)
Introduction to Sport, Physical Activity and Health examines the complex relationships that exist between sport, physical activity and health. You will become familiar with the major ways of sourcing, analysing and explaining data on participation in sport and physical activity and discover how this data is used to inform the work of practitioners and policy-makers. In doing so, you will be encouraged to undertake a variety of guided and independent searches for relevant data on key health outcomes at international, national and local levels and relate these to interventions intended to promote sport and physical activity. The module also introduces you to the principles of organising and managing people in the health sector.

SPT1727: Introduction to Sport, Equity and Welfare (20 credits)
Introduction to Sport, Equity and Welfare will familiarise you with the work of the Child Protection in Sport Unit based in England. In particular, you will examine the Safeguarding Framework and Safeguarding Standards and discover how these can be applied in real life sporting contexts. You will be encouraged to reflect upon the ways in which principles of equity can be embedded within sport and wider society to safeguard the wellbeing of participants and determine how considerations of welfare may be incorporated within the management and priorities of sports and social welfare organisations.

SPT1729: Introduction to Sport Policy and Development (20 credits)
Introduction to Sport Policy and Development equips you with an understanding of the sport policy process and the development work that emerges from it. The module introduces you to the main sectors in which sporting opportunities are provided and managed, namely the public, private and voluntary sectors. It also explains how sport is organised and administered in the UK, using examples from physical education and school sport, community sport, and elite sport. You will be introduced to the ways in which sporting programmes are expected to address wider government objectives through sport development activity and consider how the key principles of organisational management are enacted to achieve these aims.

SPT1731: Introduction to Critical Thinking for Sports Research (20 credits)
Introduction to Critical Thinking for Sports Research requires you to become familiar with the academic conventions of studying in higher education. You will become proficient with the expected standards for the referencing and submission of work, thinking and writing in a critically analytical manner, and identifying appropriate literature from books, journals and other appropriate sources to inform your thinking. You will also be introduced to important ways of searching relevant databases both within and beyond sports contexts.

SPT1830: Introduction to Coaching Pedagogy (20 credits)
Introduction to Coaching Pedagogy will provide you with an understanding of the essential pedagogical nature of coaching work. The module will make you aware of the fundamental assumptions underpinning a selection of learning theories, as well as developing your knowledge of how these theories could be applied to facilitate and assess learning in coaching settings. You will also become familiar with the issues and practices surrounding the creation and maintenance of positive learning environments.

SPT1831: Introduction to Strength and Conditioning (20 credits)
Introduction to Strength and Conditioning provides you with an overview of the underpinning physiology and
biomechanics of sporting performance, as well as various methods of assessing and monitoring athlete fitness. You will gain an understanding of the key features of strength and condition and how these can be applied to the practice of sports coaching. Topics covered in this module include the biomechanical principles of human movement and muscle physiology, as well as laboratory and field-based fitness tests.

Level 5 (Year 2 of Full-Time Programme)

SPT2726: Doing Real World Sports Research (20 credits)
Doing Real World Sports Research develops your ability to define appropriate research questions, to select appropriate methods and methodologies to help answer those questions, and to undertake data analysis. You will also become familiar with a range of research designs and sampling techniques and learn how leading researchers carry out their real-life research projects, negotiate practical day-to-day problems, and manage the difficulties and setbacks that are a normal part of the research process.

SPT2830: Applied Issues in Coaching Pedagogy (20 credits)
Applied Issues in Coaching Pedagogy considers the pedagogical complexity of coaching work from a psychological perspective. You will explore a number of topics related to motivational climates, team building and cohesion, as well as the sporting development of individuals and groups. The module will be underpinned by a problem-based approach that will encourage you to use theory and empirical research to address a variety of everyday coaching scenarios and issues.

SPT2831: Applied Issues in Strength and Conditioning (20 credits)
Applied Issues in Strength and Conditioning considers the monitoring and assessment of physical performance, physiological adaptation to training stimuli, and the construction of periodised training programmes. You will also have the opportunity to develop and reflect upon an evidence-based physical training programme in a sport of your choosing.

SPT2832: Applied Issues in Performance Analysis (20 credits)
Applied Issues in Performance Analysis provides you with the necessary theoretical and practical background knowledge to understand the processes involved in analysing sporting performance. The module will make you aware of the contemporary debates around performance analysis, inclusive of various quantitative and qualitative means of analysing athletic performance and coaching behaviour. You will also be taught how to utilise industry standard video-based performance analysis technology and software within a laboratory-based setting. The module not only requires you to examine relevant performance analysis theory but to practically apply this to the analysis of athletic performance and coaching behaviour.

You will select two of the following modules:

SPT2730: Contemporary Issues in Sport and Athlete Welfare (20 credits)
Contemporary Issues in Sport and Athlete Welfare provides you with an opportunity to apply your knowledge to various contemporary issues in athlete welfare, particularly in relation to young athletes. The module explores the implications of early specialisation in sport, intensive training, managing experiences of injury in sport, eating disorders and disordered eating in sport, and mental health and wellbeing. You will be encouraged to locate the sporting experiences of athletes in the context of broader life stages (especially childhood and youth), major policy legislation such as the United Nations Convention on the Rights of the Child, and dominant management practices in sport. The aim is to advance your understanding of the reality of modern sports cultures.

SPT2731: Contemporary Issues in Safeguarding and Child Protection in Sport (20 credits)
Contemporary Issues in Safeguarding and Child Protection in Sport gives you the opportunity to apply your
understanding of equity and welfare to a more specific feature of modern sport, namely safeguarding and child protection. The module introduces you to a variety of contemporary issues, including sexual abuse and harassment, physical abuse, socio-emotional abuse, maltreatment, cyber bullying, hazing, and initiation ceremonies. Wherever possible, these issues will be examined in a local, national and international context, in order to broaden your understanding and prepare you for working in the field of safeguarding and child protection in sport.

SPT2732: Contemporary Issues in Community Sport Development and Coaching (20 credits)

Contemporary Issues in Community Sport Development and Coaching examines key aspects of the policy and practice of community sport development. The module introduces you to the ways in which community sport development is organised and delivered, the role of practitioners, and how organisations seek to manage the behaviours of participants and coaches through the enactment of policy. Particular emphasis is placed on the ways in which national governing bodies of sport, schools, coaches and volunteers each make an important contribution to the provision and management of community sport in club settings, as well as developing communities through sport.

SPT2734: Contemporary Issues in Sport, Physical Activity and Health (20 credits)

Contemporary Issues in Sport, Physical Activity and Health introduces you to contemporary issues in sport, physical activity and health. The module requires you to consider the complex biological, social and environmental factors that influence and explain participation levels in sport and physical activity. In doing so, you will examine theoretical models to understand behaviour, as well as key determinants, and explore the effectiveness of behaviour change techniques in sport and physical activity contexts. You will also advance your understanding and awareness of tools to measure health outcomes, explore the use of new technologies to monitor and improve health, and enhance your skills in the analysis and interpretation of sport, physical activity and health-related data.

Level 6 (Year 3 of Full-Time Programme)

SPT3220: Dissertation (40 credits)

Dissertation allows you to engage in an in-depth independent research project, specialising your focus on a relevant area of interest.

SPT3728: Applied Work Placement in Sports Development and Management (20 credits)

Applied Work Placement in Sports Development and Management enables you to obtain real-life experience of working with employers from local, national and international contexts in order to enhance your awareness and understanding of the needs of sports-related sectors. You will liaise with employers on a regular basis on this year-long module and engage in a range of personal development activities. Throughout the module, you will work in groups on a real-life project, apply key principles of management, and produce a presentation that outlines how an initiative that you have designed will be implemented, managed and assessed during a six-week placement.

SPT3830: Advanced Issues in Coaching Pedagogy (20 credits)

Advanced Issues in Coaching Pedagogy seeks to enhance your critical understanding of coaching pedagogy, especially in terms of the dilemmas that coaches may encounter when working with a diverse range of individuals and groups. In particular, this module focuses upon coaching diverse populations (for example, by age, gender, sexuality, ethnicity and disability) and addresses the development of differentiated delivery styles to meet specific individual and group needs. Through the adoption of a problem-based learning approach, you will explore and develop your critical understanding of a variety of pedagogical concepts, issues, and methods.

SPT3832: Advanced Issues in Performance Analysis (20 credits)

Advanced Issues in Performance Analysis develops your expertise in performance analysis by requiring you to apply your knowledge and skills in a ‘real-world’ context. You will provide performance analysis support to coaches working in the local community. In addition to this, you will also give consideration to the pedagogical uses of video-based
performance analysis technologies to facilitate athletic learning and development.

You will select one of the following modules:

**SPT3729: Working in Sport, Physical Activity and Health (20 credits)**
*Working in Sport, Physical Activity and Health* requires you to examine the complex relationships that exist between sport, physical activity and health and apply your knowledge to real-life work scenarios. You will analyse the existing Government policy and interventions designed to promote physical and mental health, via sport and physical activity participation, and relate these to the principles of sports development and management. You will be encouraged to undertake a range of independent research activities that enhance your understanding of the ways in which the health-related interventions operate at local, national and international levels and how their effectiveness can be improved to make a positive impact on wellbeing.

**SPT3730: Working in Elite Sport Development and Coaching (20 credits)**
*Working in Elite Sport Development and Coaching* will familiarise you with the existing policy context of elite sport, the development of elite sport development systems, and the relationships that exist between coaches, sports science support staff, national governing bodies of sport, performance directors, and other significant members of athletes networks. Informed by the principles of human resource management, resource allocation, funding and budgetary considerations, the module requires you to consider the ways in which elite sports systems are managed to achieve their intended policy goals.

**SPT3731: Working in Community Sport Development and Coaching (20 credits)**
*Working in Community Sport Development and Coaching* will familiarise you with the existing policy context of community (sport) development, the use of sport as a tool for community development and regeneration, and the relationships that exists between community sports workers, other workers in the public, private and third sectors, and those working elsewhere in the sports industry. You will examine how these organisations are managed, by whom, for what purposes, and with what social outcomes.

Optional modules provide an element of choice within the programme curriculum. The availability of optional modules may vary from year to year and will be subject to minimum student numbers being achieved. This means that the availability of specific optional modules cannot be guaranteed. Optional module selection may also be affected by timetabling requirements.

**Timetables**

Timetables for your first week are normally available at the end of August prior to enrolment in September. You can expect to receive your timetable for the rest of the academic year during your first week. Please note that while we make every effort to ensure that timetables are as student-friendly as possible, scheduled teaching can take place on any day of the week. Wednesday afternoons are normally reserved for sports and cultural activities.

**Disclaimer**

Every effort has been made to ensure the accuracy of our published course information, however our programmes are subject to ongoing review and development. Changing circumstances may necessitate alteration to, or the cancellation of, courses.

Changes may be necessary to comply with the requirements of accrediting bodies, revisions to subject benchmarks statements, to keep courses updated and contemporary, or as a result of student feedback. We reserve the right to make variations if we consider such action to be necessary or in the best interests of students.
Entry Requirements

Typical offer 112 UCAS Tariff points, preferably to include Physical Education, Sports Studies, a Science subject, or a related subject.

You are invited to submit a portfolio of your coaching experience to date, including evidence of having completed a Level 1 Coaching Certificate in any sport or the achievement of a Sports Leaders UK Award, if applicable.

If you accept a formal offer from Edge Hill University you will be required to apply for a Disclosure and Barring Service (DBS) Enhanced Disclosure indicating that you meet the mandatory criteria of 'Clearance to Work with Children and/or Vulnerable Adults'. Further information will be sent to you after you have firmly accepted an offer.

Example Offers

Some examples of how you can achieve 112 UCAS Tariff points are detailed below.

- A Level: BBC;
- BTEC Extended Diploma (or combination of BTEC QCF qualifications): Distinction, Merit, Merit (DMM);
- International Baccalaureate (IB): We are happy to accept IB qualifications which achieve the required number of UCAS Tariff points. Subject-specific requirements at Higher Level (HL) Grade 5 may apply;
- Access to Higher Education Diploma: 45 credits at Level 3, for example 15 credits at Distinction and 30 credits at Merit. The required total can be attained from various credit combinations.

Please note, the above examples may differ from actual offers made. A combination of A Level and BTEC awards may also be accepted.

As long as you have a minimum of two A Levels (or equivalent), there is no maximum number of qualifications that we will accept UCAS points from. This includes additional qualifications such as the Welsh Baccalaureate and Extended Project Qualification (EPQ), AS Levels that haven't been continued to A Level, and General Studies AS or A Level awards.

For further information on how you can meet the entry requirements, including details of alternative qualifications, please visit www.edgehill.ac.uk/offers.

EU students can get country-specific information about the University’s entry requirements and equivalent national qualifications at www.edgehill.ac.uk/eu.

International students should visit www.edgehill.ac.uk/international for information on the entry criteria for overseas applicants.

English Language Requirements

International students require IELTS 6.0, with a score no lower than 5.5 in each individual component, or an equivalent English language qualification.

If your current level of English is half a band lower, either overall or in one or two elements, you may want to consider our Pre-Sessional English course.

Recognition of Prior Learning

Edge Hill University recognises learning gained elsewhere, whether through academic credit and qualifications acquired from other relevant courses of study or through recognition of an individual’s professional and employment experience (also referred to as ‘experiential learning’). This may include credit or learning undertaken at another university.

Previous learning that is recognised in this way may be used towards meeting the entry requirements for a programme and/or for exemption from part of a programme. It is your responsibility to make a claim for recognition of prior learning. For guidance, please consult the University’s academic regulations (sections C7 and...
F3.1) or contact the faculty in which you are interested in studying.
Career Prospects

What are my career prospects?
You will graduate with the skills, knowledge and practical experience to make a highly effective contribution to the contemporary sports coaching and development industries. This includes careers in coaching, performance analysis and/or sports development. Alternatively, you may wish to train to teach or proceed onto Masters level study.

The programme will also equip you with a range of transferable skills that are ideally suited to a variety of careers in both the public and private sectors.

How can I enhance my employability?
It is useful to consider, even before you apply, how you will spend your time while studying and make the most of your university experience.

Optional, additional activities may be available on this degree which could help to prepare you for a stimulating and rewarding career. These include:

- **Sandwich Years** - you may have the opportunity to apply to complete a sandwich year placement, usually as the third year of a four year degree, and gain highly relevant work experience;
- **Erasmus+ and Study Abroad** - you may have the opportunity to apply to spend time studying or working abroad, usually as the third year of a four year degree, enabling you to immerse yourself in a different culture;
- **Learning a Language** - you may be able to participate in Language Steps classes, delivered at the Edge Hill Language Centre, as additional study.

Please note, the availability of these additional activities cannot be guaranteed for all students. Depending on availability and the number of students wanting to participate, there may be a competitive application process for sandwich year placements or studying abroad opportunities or you may be required to secure a relevant placement yourself.
Finance

Tuition Fees

If you are a prospective UK or EU student who will be joining this undergraduate degree on a full-time basis in academic year 2020/21, the tuition fee will be £9,250 per annum. Tuition fees for international students enrolling on the programme in academic year 2020/21 are £12,250 per annum.

If you are a prospective UK or EU student who will be joining this undergraduate degree on a part-time basis in academic year 2020/21, the tuition fee will be £77 per credit, i.e. £1,540 per 20 credit module. 360 credits are required to complete an undergraduate degree.

The University may administer a small inflationary rise in tuition fees, in line with Government policy, in subsequent academic years as you progress through the course.

Financial Support

Subject to eligibility, UK and EU students joining this undergraduate degree can apply for a Tuition Fee Loan from the Government to cover the full cost of tuition fees. UK and EU students enrolling on the programme may also be eligible to apply for additional funding to help with living costs.

For comprehensive information about the financial support available to eligible UK and EU students joining this programme in academic year 2020/21, together with details of how to apply for potential funding, please view our Money Matters 2020/21 guide for your intended mode of study.

- Money Matters 2020/21 Full-Time: www.edgehill.ac.uk/undergradfinance2020

- Money Matters 2020/21 Part-Time: www.edgehill.ac.uk/undergradfinance2020pt

Financial support information for international students can be found at www.edgehill.ac.uk/international/fees.

Scholarships

Edge Hill University offers a range of scholarships with a competitive application process for prospective full-time undergraduate students.

These scholarships aren't linked to academic success and celebrate determination, talent and achievement beyond your coursework, for instance in creativity, enterprise, ICT, performance, sport or volunteering.

An additional scholarship, which you may qualify to receive, rewards outstanding grades and is available to eligible UK and EU students.

To find out more about scholarships, to assess your eligibility, and to meet some of our dedicated scholarship winners, visit www.edgehill.ac.uk/scholarships.
Apply

How to Apply

If you wish to study full-time, apply online through UCAS at www.ucas.com. Visit www.edgehill.ac.uk/applyucas to find out more about the application process.

If you wish to study part-time, apply directly to Edge Hill University at www.edgehill.ac.uk/apply-part-time.

Further information for international students about how to apply is available at www.edgehill.ac.uk/applyinternational.

Should you accept an offer of a place to study with us and formally enrol as a student, you will be subject to the provisions of the regulations, rules, codes, conditions and policies which apply to our students. These are available at www.edgehill.ac.uk/studentterms.

Visit Us

University, the best way to gain an insight into student life is to discover our stunning campus for yourself by attending an open day. You can view dates and book your place at www.edgehill.ac.uk/opendays.

Alternatively, if you are unable to attend an open day, you can find out more about our full range of events for prospective students, including campus tours and virtual activities, at www.edgehill.ac.uk/visitus.

Request a Prospectus

If you would like to explore our full range of degrees before you apply, you can order an undergraduate prospectus at www.edgehill.ac.uk/undergradprospectus.

Get in Touch

If you have any questions about this programme or what it’s like to study at Edge Hill University, please contact:

- Course Enquiries
- Tel: 01695 657000
- Email: study@edgehill.ac.uk

International students should visit www.edgehill.ac.uk/international or email international@edgehill.ac.uk with any queries about overseas study.

If you are considering applying to study at Edge Hill