Edge Hill University Logo

# **Department of Sport and Physical Activity**

# **Faculty of Arts and Sciences**

## **BSc (Hons) Sports Coaching**

## **Pre-Entry Handbook**

## **2022-23**

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**Welcome to BSc (Hons) Sports Coaching**

The key aims of the Sports Coaching programme are:

* To encourage the intellectual development of students and enable students to critically engage with new advances in the theory and practice of sports coaching.
* To enable students to develop knowledge and understanding of the complex and multi-faceted nature of sports coaching and the positive contribution which can be made to the development of coaches and performers in the sports environment.
* Equip students with the skills, knowledge and confidence required to gain graduate employment or undertake a research degree.
* Develop students' communication, intellectual and self-management skills, whilst enabling them to become self-directed learners.
* To provide an opportunity for students to develop vocational skills relevant to employment in sport coaching and related industries.
* To provide a variety of teaching and learning experiences and expose students to a variety of assessment methods enabling the development of self-confidence and the ability to work independently and in a group.
* To develop a range of personal and transferable skills including communication, ICT, group and individual work, and time management.



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### The purpose of this pre-entry handbook

This Handbook has been developed to help prepare you well to join BSc (Hons) Sports Coaching at Edge Hill University in September 2021. It is divided into two main sections, each with some tasks which you should complete having undertaken some research into the topics explored. The tasks address some very important things which you will be asked to discuss with your Personal Tutor during your induction week and the modules you will study in Semester 1 before the Christmas period.

It is **ESSENTIAL** that you complete all of the tasks in this Handbook **BEFORE** induction week and have the completed version available to you electronically (e.g. on email, a USB or cloud storage system) when you meet your Personal Tutor. You should complete each task electronically as indicated. You will be encouraged to reflect upon your answers to the tasks as part of your meeting and to help begin your studies at Edge Hill.

**SECTION A**

**About Your Degree and Career Aspirations**

It is important to know about your programme endorsement, what this is and what it means for you. Take a look at the programme description to see who endorses the programme: [BSc (Hons) Sports Coaching (edgehill.ac.uk)](https://www.edgehill.ac.uk/courses/sports-coaching/)

You will also be interested to look at the endorsing body website: <https://www.cimspa.co.uk/>

**Answer the following questions or complete the ‘xxx’ gaps:**

1. **Your degree is endorsed by XXX.**
2. **What is the main purpose of XXX?**
3. **Why do you think the endorsement of your degree is important? What are the implications for you?**
4. **What are your career aspirations?**
5. **What do you hope to achieve from your degree in Sports Coaching at Edge Hill?**
6. **What types of jobs and careers are you able to pursue having studied Sports Coaching at Edge Hill?**

**SECTION B**

**About Your First Three Modules**

One of the first modules you will study on programme name at Edge Hill is **SPT1851 Introduction to Critical Thinking for Sports Research**. This module will introduce students to the conventions of studying in higher education. Students will be expected to reflect upon their previous experiences of education whilst also thinking strategically about their future study and work in sport and physical activity. This will enable a facilitation of a new and more critical approach to thinking and study about sport and physical activity. Students will develop the ability to use academic literature, research, concepts and arguments to provide a more critical and reasoned assessment of sport and physical activity related issues and topics. They will learn to communicate their new critical thoughts about sport and physical activity using expected academic referencing and citation styles.

In this module you will address topics such as appreciating the role of research and academic integrity. To help prepare you for this module, you should complete the following tasks:

1. **Search for a research article relating to the coaching and leadership, delivery of the applied practice or analysis of performance in your chosen sport on google scholar and write the title of the article here:**
2. **Check the BBC Sport Website and note 3 topics currently in the sports news:**

Another module you will study in Semester 1 is **SPT1856 Introduction to the Organisation and Administration of Sport and Physical Activity**. This module will allow students to engage in activities that will enable them to develop the knowledge, understanding and skills needed to work towards several CIMSPA professional standards (Entry Manager, Working with Inactive People, Working in the Community Environment). This module develops in students a theoretical and empirically-based understanding of the policy process and the realities that emerge from it in sport and physical activity. Students are introduced to how sport is organised and administered in the UK using examples from community and elite sport and physical activity provision. The role of volunteers and volunteer managers is examined with regard to their role in policy implementation and the provision of sport and physical activity. The module also introduces students to the ways in which sporting programmes are expected to address wider government objectives and how sporting events might be leveraged to achieve broader social outcomes.

In this module you will address topics such as Sport, physical activity and wider social objectives and event impacts. To help prepare you for this module, you should complete the following tasks:

1. **Watch this video from Sport England:** [**https://youtu.be/AK0sWgzoB8M**](https://youtu.be/AK0sWgzoB8M)
2. **Can you give an example of a sport or physical activity programme from your local community?**

The final module you will study before Christmas will be **SPT1853 Introduction to Coaching Practice**. In this module students will engage in activities that will enable them to develop the knowledge, understanding and skills to work towards the CIMSPA Coach and Coach Assistant professional standard. The module will provide students with an introduction to key features of skill acquisition as these relate to sports coaching and the essential underpinnings needed to design practical coaching sessions. It will make students aware of the assumptions informing different practice designs, as well as developing their knowledge of how to set up different types of practice sessions and how to deliver them in way that fits a specific rationale. Students will become aware of the importance of practice scheduling and variability of practice in sports coaching. The module not only requires students to examine relevant theory on practice design, but it also encourages them to apply particular models and then for them reflect on their chosen activity set up.

In this module you will address topics such as different types and methods of practice activities, skills and decision making. To help prepare you for this module, you should complete the following tasks:

1. **What do you think types and methods of practice relates to in sports coaching sessions?**
2. **Can you give an example of differentiation in a practical coaching setting for players/athletes who are part of the same team and/or group delivery session?**