

CENTRAL COLLEGE NOTTINGHAM  
FOUNDATION DEGREE IN SPORT COACHING

**PROGRAMME SPECIFICATION**

<b>GENERAL INFORMATION</b>	
Awarding Institution:	Nottingham Trent University
Teaching Institution:	Central College Nottingham
Validated/Franchised:	Validated
Programme approved by:	
Interim Award:	Higher Certificate in Sport Coaching
Final Award:	Foundation Degree FDS
Programme Title:	Foundation Degree in Sport Coaching
Subject Benchmark Statement	The programme has been developed taking account of the QAA Foundation Degree: qualification benchmark statement. The Sector Skills Council for Sport and Recreation is SkillsActive. Working with partner organisations, they are in the process of developing national frameworks for Foundation Degrees. These emerging frameworks have informed the development of this programme
Intended level of completed programme:	Level 1
Duration of programme and mode of study:	Two years full-time Three years part-time
Date of Specification preparation/revision	May 2013

## **SYNOPSIS OF THE PROGRAMME:**

This new programme aims to contribute to the professionalisation of coaching in this country by offering students the opportunity to develop their knowledge, skills and understanding of the coaching process. This programme will appeal to those who have an interest in sports coaching, or would like the opportunity to further develop and enhance their understanding of the coaching process in order to become more effective coaches. Students will benefit by gaining a broad knowledge of the key areas of human sporting function, an awareness of a range of current issues in sports coaching, and practical experience of the planning, delivery and assessment of sports programmes. Learners will have the opportunity of following a sports development or a sports performance pathway, Delivery of the programme is structure to ensure that the understanding gained in year one will facilitate a smooth transition from year one to year two, whether learners are already experienced in the field of coaching, or entering this field for the first time. Students will gain the necessary tools and information to maximise their potential as coaches, and develop the ability to describe and analyse the coaching process, coaching behaviour and coaching practice, through observational, evaluative and analytical processes. A particular strength of the programme is the attention given helping learners to develop strong communication and leadership skills. The Foundation Degree in Sport Coaching is validated by Nottingham University and is offered via full-time and part-time modes of study to include IT-based flexible learning. Successful completion of the FDSC will allow progression onto the BSc Sport Coaching offered by NTU.

## **EDUCATIONAL AIMS OF THE PROGRAMME:**

The FdSc Sport (Coaching) is designed to meet the following aims:

- to enable students to understand key principles that contribute to sport coaching
- to provide students with the essential skills that will allow them to analyse critically their own performance and reflect on areas for improvement
- to develop students' ability to plan effectively
- to empower students to take responsibility for their own personal learning and development
- to ensure that students are provided with the key subject specific and generic skills that will allow them to develop as independent learners within their sport
- to develop an understanding of the coaching process, coaching behaviour and coaching practice, through observational, evaluative and analytical learning
- to develop students' appreciation of working effectively within a sport coaching environment
- to enable students to communicate with interested parties and national sporting organisations such as National Governing Bodies, coaching organisations, Regional Sports Development Units and qualified coaches within chosen fields to develop and appreciate employment opportunities within the coaching industry.

**INTENDED LEARNING OUTCOMES** (specifying those applicable for interim awards where appropriate):

**On successful completion of the Certificate of Higher Education it is expected that the student will be able to:**

### *Knowledge and Understanding:*

- demonstrate basic knowledge of the underlying concerns and principles associated with the study of sport coaching
- apply theoretical underpinning knowledge to practical situations and scenarios relevant to sport coaching.

### *Intellectual Skills:*

- demonstrate an ability to evaluate and interpret knowledge and principles within the context of the study of sport coaching

- show awareness of relevant information using appropriate sports coaching sources
- show ability to select appropriate and relevant sports coaching information, and develop clear and logical arguments
- with guidance, undertake analysis and organisation of relevant information to support arguments and justify conclusions
- identify, and make judgements about, alternative approaches, opinions and options in sports coaching.

*Professional Practical Skills:*

- demonstrate practical professional skills relevant to sport coaching
- contribute positively to individual and group activities relevant to sport coaching.

*Transferable/Key Skills:*

- develop appropriate problem based learning skills
- utilise key communication skills
- ability to use numerical skills, in particular in the gathering and use of data and information and in their statistical analysis
- utilise a range of key skills in a working environment
- communicate effectively in a format appropriate to sport coaching
- demonstrate an ability to use clear and concise language and orgraphs/tables/ data etc to communicate ideas
- present, evaluate and interpret data, to develop lines of argument and make appropriate judgements in accordance with basic theories and concepts of sport coaching.

**On successful completion of the FdSc Sport (Coaching) it is expected that the student will be able to:**

*Knowledge and Understanding:*

- provide a clear and multi-disciplinary analysis of the factors contributing to success in sports coaching
- apply subject specific knowledge to working as a coach within a sporting context
- demonstrate an understanding of what is required to work in the sport coaching industry.

*Intellectual Skills:*

- review and synthesise appropriate research within the coaching context
- evaluate their own and others coaching performance in order to identify the key components that contribute to successful coaching
- engage in academic study related to the principles of effective planning.

*Professional Practical Skills:*

- demonstrate practical professional skills relevant to sport coaching
- contribute positively to individual and group activities relevant to sport coaching
- plan effective strategies to become better coaches
- propose evaluative judgement on the ability to plan effectively
- assess how effective they are as coaches and reflect and provide appropriate strategies to become better coaches.

*Transferable Skills:*

- develop appropriate problem based learning skills to identify key areas for improvement
- utilise key communication skills required to guide effectively and inform participants
- provide students with the ability to communicate effectively with others
- ensure communication, information technology, management skills and application of number are embedded within the subject context using case studies, class exercises, group work, problem based exercises and role play
- demonstrate how subject specific and generic skills are utilised within sport coaching using case studies, class exercises, group work, problem based exercises and role play.

## THE LEARNING ENVIRONMENT

The Foundation Degree programme seeks to use a wide range of teaching and learning methods so as to reflect the range of ways that different students learn. The methods used include;

- Work-Based Learning
- Coaching Practicals
- Case Studies/Problem Solving
- Student-led research activity
- Group work/discussions
- Information & Communication Technology applications
- Visits/Observations
- Guest Speakers
- Seminars

The facilities used include our Exercise Physiology Laboratory, as well as specialist facilities operated by partner organisations, such as David Lloyd Leisure, Ruschcliffe Borough Council and Nottingham University.

## ASSESSMENT

If examinations are your least favourite thing then do not fear! Though we do use examinations as part of assessment they make up less than a third of the total. To develop the range of skills we require in our graduates, we see it as essential to use a range of relevant, work-related assessment methods. These include;

- Coaching/Leadership Practicals
- Work Placements
- Presentations
- Report writing
- Information Technology applications
- Projects
- Case Studies

The range of assessment methods means that all students get the opportunity to show their existing strengths, whilst developing new ones.

## WORK EXPERIENCE / PLACEMENT OPPORTUNITIES

Whilst all students are encouraged from the start of the Programme to take every opportunity to gain relevant work experience, whether a formal part of the programme or not, we have identified the need to support this even more. The programme will include a Work Based Learning Modules in which students will be able to gain substantial work experience as well as gain credits towards their qualification. We have a vast range of contacts across many sports and can support you in obtaining your work placement.

## WORK PROJECT

The final year Project will be based on a topic chosen by the student, in conjunction with the tutor, and is based on the student's own, original piece of research.

In preparation for this a number of modules that include smaller scale project work, either on an individual or group basis. Some lead to written assessments and some to formal presentations, most allow for a high degree of student selection of the topic.

## ADDED VALUE

Though we cannot make any promises about getting a job at the end of the programme we know that we will have increased your employability significantly. Our focus not only on the subject knowledge but also the wider skills required in the work place means that you will have a great deal to offer a potential employer.

We will also make full use of our range of local partners to help set up opportunities for students to gain additional qualifications, such as National Governing Body coaching awards

## STRUCTURE AND CONTENT OF THE PROGRAMME

The following tables (Table 1 & Table 2) show the structure of the Foundation Degree delivery in both full and part-time options

# FdSc Sport Coaching

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	MANDATORY MODULES					PATHWAYS	
						SPORT PERFORMANCE	SPORT MANAGEMENT & DEVELOPMENT
Year 1	Coaching Theory & Practice SPOR0113 (30cp)	Training & Testing for Sport Performance SPOR0213 (20cp)	Physiology of Sport Performance SPOR0313 (20cp)	Foundations of Sport Psychology SPOR0413 (20cp)	Methods of Enquiry in Sport SPOR0513 (10cp)	Performance Analysis SPOR0613 (20cp)	Management & Development of Sport SPOR0713 (20cp)
Year 2	Advanced Coaching Skills SPOR0813 (20cp)	Foundations of Sports Biomechanics SPOR0913 (20cp)	Applied Research Skills in Sport SPOR1013 (10cp)	Skill Learning in Sport SPOR1113 (20cp)	Professional Development Placement SPOR1213 (30cp)	Applied Sport Science SPOR1313 (20cp)	Event Management in Sport & Leisure SPOR1413 (20cp)



## SPORTS COACHING AT CENTRAL COLLEGE NOTTINGHAM

The 'Applied' nature of the Foundation Degree means that there is a constant focus on ensuring that our students develop the necessary knowledge, skills and experience necessary to be attractive to potential employers at the end of the Programme. The ways in which we achieve this are by;

- Developing broad-based, up-to-date subject knowledge
- Developing strong 'people' skills - e.g. communication/presentation skills
- Developing relevant work skills/qualifications - e.g. coaching awards, planning, use of information technology
- Developing an increasing range of opportunities to gain practical experience - e.g. placements, local coaching programmes
- Developing external contacts with people working in the industry to deliver presentations, provide 'live' case studies and to provide work shadowing opportunities.

DETAILS OF THE SUPPORT AVAILABLE TO STUDENTS (e.g. induction programmes, course information, resources):

Support will follow the arrangements made by the teaching institution, and detailed in their Programme Handbook. In particular, the following arrangements will apply:

- Induction to the teaching institution, its services and facilities, and to the programme
- Access to the institution's learning resources (Library, IT facilities etc.)
- Access to the institution's central support services, including counselling, learning support, careers, financial guidance, etc.
- Information on the units to be studied, including content, delivery and assessment
- A Programme Handbook, including details of the full assessment schedule and programme regulations
- Personal tutorial system for the provision of academic and pastoral support
- Additional Learning Support available for students with specialist learning difficulties

## ADMISSIONS CRITERIA

For admission to a FdSc Programme, students will normally be over 18 years of age and will possess one of the following:

1. Passes at GCSE grade C or above in English and Mathematics and normally the equivalent of A-level passes, preferably in PE or Sports Studies equating to 160 points or above;
2. PPM profile in an appropriate BTEC National Diploma course
3. A pass on an appropriate access course;
4. An appropriate Level 3 Advanced GNVQ qualification
5. Qualifications equivalent to the above.

Additionally, students on the day-release FdSc in Sports Coaching should be in relevant employment.

Mature students with alternative qualifications, proven relevant experience and necessary motivation are welcomed. Overseas students require IELTS at 6.5 or above.

Applicants will be invited to visit the School when they will be assessed for suitability and enthusiasm for the programme. They will be given a guided tour of the facilities generally and a talk on the structure and operation of the FdSc. Applicants' questions will be answered at this time.

NB – in addition to the recommended entry requirements a documented interest in the field of sports coaching would be desirable. Any student who wishes to seek coaching opportunities that are not available to them, or are unrealistic to the local area will be advised accordingly. Applications are welcomed from mature applicants (over 21 years). There may be flexibility in the above criteria for mature applicants.

Applicants may apply for exemption from specified units on the programme through AP(E)L up to a maximum amount of 50% of the total credits for the programme. However, a student must study at least 60 credits at Level I. Advanced entry to the programme may be considered by exception, where students are in receipt of a Certificate of Higher Education or intermediate level or equivalent qualifications recognised by professional, statutory or regulatory bodies

## SUMMARY OF ASSESSMENT AND PROGRESSION REGULATIONS:

The assessment regulations for the Foundation degree shall be those of Section 16B of the NTU Academic Standards and Quality Handbook (ASQH), namely Common Assessment Regulations: Foundation Degree Programmes. They will be subject also to Section 15 of the ASQH, Assessment Principles and Policies. Elements of Sections 15 and 16B of ASQH have been amended as appropriate to reflect specific practices and nomenclature of the college

### **Summary**

1. In order to be eligible for the award of the Foundation Degree candidates must achieve 120credits, 60 of which must be at level I. In order to be eligible for the award of the Certificate of Higher Education candidates must achieve 60 credits, at level C or above.
2. Credit is gained by passing a unit.
3. Marks shall be awarded on a percentage basis
4. The pass mark is 40%. A candidate will be deemed to have passed a unit where an overall mark of 40% or above has been achieved taking all components of assessment into account and where a significant attempt has been made to complete all components of assessment.
5. Candidates may progress to the next year of study provided they achieve a Pass in all units undertaken and have fulfilled any other requirements as prescribed in the programme regulations for the year of study under consideration.
6. Candidates who are not in their final year and who, at the initial attempt, have not achieved the requirements for progression may be permitted to undertake reassessment in failed units as recommended by the Board of Examiners.

IS THIS PROGRAMME FOR ME?

**If you are interested in...**

- Working with young sports-people
- The possibility of going on to train as a PE Teacher
- Working with disabled sports-people
- Sport Psychology
- Sports Management
- Sport's role in society
- Creating opportunities for more people to play sport
- Sports Coaching

**Then the answer is yes!**

**If you enjoy...**

- Studying in an environment where you are a name and not just a number
- Being encouraged to express your point of view
- Learning from the experiences of your fellow students as well your lecturers
- Mixing with like-minded people from a range of backgrounds
- Being challenged to develop yourself further than you thought you could
- The support of a positive and encouraging staff team

**Then the answer is yes!**

**If you want...**

- A programme that combines class-based study with practical activity
- A programme that looks at sport from the individual level through to issues affecting larger groups within society (e.g. young people, disabled people)
- A programme that looks at the delivery of sporting opportunities from the planning stages through to actually putting an event on
- A programme that allows you to obtain work experience while you study

**Then the answer is yes!**

**Your future career**

The Sports Coaching programme at Central College Nottingham is the most successful in Nottingham and has been running for a number of years now.

Graduates have been very successful in gaining employment or going on to further study in the following areas;

Fitness Club management

Personal Trainer

Sports Coaching

Physiotherapist Degree

Sports Development

Community Physical Activity

PE Teacher Training

Sports-Specific talent development

The success of our students in the Sport and Fitness Industries means that a number of employers are now former students, providing greater recognition in the marketplace, particularly if you take all the opportunities for work experience that you are offered along the way.

### **How we support you**

All students are allocated a personal tutor to whom individuals may turn with any problems/issues. In addition all module tutors offer additional support outside of the actual teaching periods. Through the use of study skill modules in the First Year of the programme we aim to help all students make the step up to degree level. This module includes, amongst others, computer skills, report/essay writing, academic referencing, research, including use of the internet, and presentation skills. We also provide additional classes for those students who wish to dedicate more time and effort into developing their academic writing skills as fully as possible.

If any students require further support (e.g. due to dyslexia) then the systems are in place to ensure that the support is available

### **Bonus factors**

Sports Coaching is a growing area both in terms of the college and study and employment opportunities, particularly in the light of the recent national report that highlighted the importance of Sports Coaching and received tens of millions of

pounds of Government funding to be implemented. Changes are happening fast in the industry and it is an exciting time to be involved. The nature of the programme at SNC and the skills, knowledge and industrial contacts of the staff mean that you will be right at the 'cutting edge' of those changes as they occur.