

HNC Sport and Exercise Science (Coaching Science)

Department	The Department of Health and Human Sciences
Awarding Body	Pearsons
Additional Accreditations	None
Full-time Duration	1 Year
Part-time Duration	This course is not available on a part-time basis
Full-time Annual Fee	£6,360 per year full-time
Part-time Annual Fee	N/A
Entry Requirements	<p>UCAS Tariff: 48</p> <p>A Level: DDE</p> <p>Pearson</p> <p>L3 National Ext. Diploma: PPP</p> <p>GCSE English and maths at grade 4/C or above or demonstrated competency at L2 or above</p>
Study Location	University and Professional Development Centre, 73 Western Way, Bury St Edmunds UK
Subject to Validation	No
Additional Potential Costs	<p>You may need to apply for an enhanced DBS (£44) depending on your work placement plans.</p> <p>You will need to purchase West Suffolk College Sport practical clothing.</p> <p>£14 – T Shirt</p> <p>£25 – Hoodie</p> <p>There potentially could be additional costs for external trips and visits. Costs will be dependant on travel and admissions process at the time.</p>

Narrative

The overriding aim of the programme is to develop work related skills and knowledge of individual order to operate effectively, economically, and currently within the sport and active leisure industry in a number of roles. The course aims to further up-skill learners to be able to be innovative and drive quality and change for personal aspirations and employer organisations with revised and additional approaches to work experience placements.

In terms of coaching/education and instruction skills for performance versus skills for enabling and supporting participation, the course team have experience in both areas, but the ethos of the course will lean towards participation and inclusion. This program fills a niche within a market where institutions are flooded by provisions concentrating upon sports science disciplines aimed at delivering theory without a concentration upon the skills and understanding appropriate to the level jobs available within the market. This course has been planned to reflect the 'dynamic' nature of sport and physical activity by highlighting areas of change required to remain up to speed with this fast-paced industry.

Key Course Features

The course is delivered on campus and requires students to attend two full days per week. Additional days are required industry placements and experience.

Delivery of the course is through a range of methods including lectures, seminars, case-study, discussions, and workshops.

Year one aims to give students the opportunity to develop their core skills. This is an integrative process: as theoretical perspectives are understood and personal development increases, so will coaching skills.

Career Prospects

Community Sport & Physical Activity:

Sports development

Sports coaching

Health promotion

Health and fitness management

Module Summary

1.Nutrition

This unit aims to equip the student with the knowledge, skills, and competencies to understand the nutritional composition of food and the effects of nutritional choices on the health of a person. They will focus on diet prescription for specific populations and gain an understanding of labelling systems and the pitfalls that can be associated with them.

2.Fundamentals of Sports Psychology

The aims of this unit are to illustrate how psychological concepts underpin involvement in sport and exercise and to demonstrate their impact on human behaviour. Students will explore the innate characteristics which are seen as the basis for sport and exercise behaviour. Students will also develop an appreciation of how the social environment within which sport and exercise takes place influences the outcome of their participation.

3.Anatomy and Physiology

This unit is designed for students wanting to gain knowledge of the anatomy of the musculoskeletal system and understanding how movement is produced. Students interested in careers such as personal training, physical education teaching, occupational therapy, coaching, exercise prescription and performance analysis would find this a key unit in informing their practice.

4. Professional Skills

The aim of this unit is to develop students' knowledge and understanding of the skills and techniques necessary to carry out Sport and Exercise Science-related research. Research in Sport and Exercise Science has global significance and is essential in influencing the development of high-quality participation and performance and, fundamentally, promoting the health and wellbeing of individuals all over the world.

5. Coaching Practice and Skill Development

The aim of this unit is to provide students with the knowledge and understanding of coaching practice and the skill development associated with athlete performance. Students will engage in researching the impact of different coaching practices, working in various environments, utilising resources, developing skills and planning effective sessions. They will

gain an understanding of the importance of developing sessions dependent on the group's demographics.

6. Training, Fitness, Testing

Training, fitness and testing can be applied within all areas of sport and exercise science because it examines the different fitness requirements of different sports, the different training methods that can develop these areas and the adaptations that occur within a team or individual as a result of these adopted methods.

7. Lifestyle Coaching

This unit enables students to develop knowledge and understanding of the theories, principles and skills required for successful lifestyle coaching. Students will examine theories of human intelligence and investigate individual behaviours and learning styles. They will enhance their communication skills through observation and powerful questioning. Students will broaden their coaching skills by learning models for change that will facilitate positive action. This unit will allow the student to develop insight into the different approaches to lifestyle coaching and to key systems and strategies used in coaching.

8. Community Coaching

This unit challenges students to understand the different cultures and contexts in which sports coaches work, and to understand the role of policy and national governing body initiatives in shaping the pedagogic practice of coaches in the community. Students successfully completing this unit will be able to describe the political landscape of their local coaching environments and understand the challenges and mechanisms for adapting and redesigning sports activities and games to achieve wider outcomes for participants, governing bodies and sporting organisations.

Staff Team

All lecturing staff are vocational specialists. Fully qualified with vast industry knowledge.

Assessment Methods

A variety of assessment methods are used which include written reports, written assignments, literature reviews, group presentations, and the compilation of a learning journal.

	Modules are assessed by the module leader and internally verified by another member of staff.																													
<p>Typical Module Diet</p> <p>All modules are 15 credits unless stated</p>	<table border="1"> <thead> <tr> <th data-bbox="512 439 932 512">Year 1 (L4)</th> <th data-bbox="932 439 1198 512">Year 2 (L5)</th> <th data-bbox="1198 439 1465 512">Year 3 (L6)</th> </tr> </thead> <tbody> <tr> <td data-bbox="512 512 932 566">1. Nutrition</td> <td data-bbox="932 512 1198 566"></td> <td data-bbox="1198 512 1465 566"></td> </tr> <tr> <td data-bbox="512 566 932 642">2. Fundamentals of Sports Psychology</td> <td data-bbox="932 566 1198 642"></td> <td data-bbox="1198 566 1465 642"></td> </tr> <tr> <td data-bbox="512 642 932 696">3 Anatomy and Physiology</td> <td data-bbox="932 642 1198 696"></td> <td data-bbox="1198 642 1465 696"></td> </tr> <tr> <td data-bbox="512 696 932 772">4. Professional Skills (Pearsons Set)</td> <td data-bbox="932 696 1198 772"></td> <td data-bbox="1198 696 1465 772"></td> </tr> <tr> <td data-bbox="512 772 932 848">5. Coaching Practice and Skill Development</td> <td data-bbox="932 772 1198 848"></td> <td data-bbox="1198 772 1465 848"></td> </tr> <tr> <td data-bbox="512 848 932 925">6. Training, Fitness, Testing</td> <td data-bbox="932 848 1198 925"></td> <td data-bbox="1198 848 1465 925"></td> </tr> <tr> <td data-bbox="512 925 932 1001">7. Lifestyle Coaching</td> <td data-bbox="932 925 1198 1001"></td> <td data-bbox="1198 925 1465 1001"></td> </tr> <tr> <td data-bbox="512 1001 932 1077">8. Community Coaching</td> <td data-bbox="932 1001 1198 1077"></td> <td data-bbox="1198 1001 1465 1077"></td> </tr> </tbody> </table>			Year 1 (L4)	Year 2 (L5)	Year 3 (L6)	1. Nutrition			2. Fundamentals of Sports Psychology			3 Anatomy and Physiology			4. Professional Skills (Pearsons Set)			5. Coaching Practice and Skill Development			6. Training, Fitness, Testing			7. Lifestyle Coaching			8. Community Coaching		
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<p>Study Hours</p>	<p>Study Hours per 15 credit Module: 200 hours</p> <p>Lectures and Seminars: 36 – 48 hours</p> <p>Assessments: 30 hours</p> <p>Preparation and Independent study: 122 – 134 hours</p>																													

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