



Programme Specification

With effect from: September 2021

A programme specification is the definitive record of your programme of study at the University. It sets out the aims, learning outcomes, and indicative content of the programme. You should read this programme specification alongside the relevant module descriptors and the University's Taught Programme Academic Regulations.

This specification only applies to the delivery of the programme indicated below. The details in this specification are subject to change through the modifications or periodic review processes.

1 Programme name and award

This programme specification relates to the following award(s)

BA (Hons) Physical Education and Sports Coaching

2 Aims of the programme

Rationale and general aims, including what is special about this programme

The BA (Hons) Physical Education and Sports Coaching programme is a three-year undergraduate programme (6 years part-time) with a focus on physical education and sports coaching to support lifelong learning and development. The programme recognises the synergy between the disciplines of physical education and sports coaching by providing a variety of exciting and creative learning opportunities for you to gain knowledge and experience of how they complement one another in practice. Options at Level 6 will allow you to focus on areas of choice in physical education and coaching.

The Programme Aims allow you to:

- Prepare for a variety of careers such as physical education, coaching, sport development, physical activity, health promotion, business ownership and many others, enhanced by developing industrial links and networks through appropriate work placements;
- Have excellent preparation for postgraduate study and research in physical education, sports coaching, sports development or other areas relating to physical activity;
- Learn in a variety of ways. You will study a range of content drawing on lifelong physical education and sports coaching and how each supports a range of physical activity contexts, and will also learn within a strong practical context;
- Be assessed in many different forms so individuals can capitalise on their strengths and develop in other areas;

- Develop the personal and transferable skills needed for graduate employment so you are confident and independent in your career.

3 Level Learning Outcomes and Employability Outcomes

Learning outcomes are expressed in terms of:

- Knowledge and understanding (K)
- Intellectual / cognitive / 'thinking' skills (I)
- Practical skills specific to the subject (P)
- Employability skills (E)

We design assessment tasks to enable you to demonstrate the Level Learning Outcomes and relevant Employability Outcomes for your level of study. To a greater or lesser extent, all Level Learning Outcomes at each level of your study are embedded in the assessment task(s) at that level. This means we can take a more integrated view of your overall performance at a level.

To progress to the next level, or to receive an award, you will need to satisfy the Level Learning Outcomes below and relevant Employability Outcomes and achieve credit as per the Taught Programme Academic Regulations.

Level Learning Outcomes	
Level 4 – at the conclusion of Level 4 (focus on foundation and breadth of knowledge and skills) you should be able to demonstrate:	
K1	A basic understanding of the role of physical education and sports coaching including how policy and practice influence its implementation within a local and national context.
K2	An appreciation of and ability to discuss how interdisciplinary subjects such as pedagogy, sports science, psychology, sociology and philosophy are applied within a physical education and sports coaching context.
K3	An appreciation and awareness of the individual needs of all learners and participants from a holistic and biopsychosocial perspective.
K4	A comprehension of the limits of knowledge, whilst understanding basic perspectives and schools of thought within physical education and sports coaching.
I1	Utilisation of underpinning research within physical education and sports coaching when gaining and applying knowledge to construct arguments in support of life-long physical activity and sport.
I2	An ability to utilise arguments, assumptions, and basic data in order to make relevant judgements relating to physical education and sports coaching.
I3	An ability to draw on relevant strategies to devise solutions to simple problems in physical education and sports coaching.
P1	An ability to utilise a range of communication and delivery skills to relay information and ideas relating to physical education and sports coaching.

P2	An ability to use basic techniques of analysis and practical application within physical education and sports coaching.
P3	An ability to use basic research skills to extend and apply their knowledge and understanding of physical education and sports coaching.
Level 5 – at the conclusion of Level 5 (focus on extending knowledge and skills, focus on end-users, developing reflective practice) you should be able to demonstrate:	
K1	An ability to systematically and coherently understand the role of physical education and sports coaching in lifelong learning and development including how policy and practice influences its implementation within a national and global context.
K2	An ability to interpret and analyse how interdisciplinary subjects such as pedagogy, science, psychology, sociology and philosophy are applied within a physical education and sports coaching context.
K3	An ability to compare and contrast the complex individual needs of all learners and participants from a holistic and biopsychosocial perspective, showing a growing awareness of inclusion and equity.
K4	An ability to construct flexible theories and beliefs, whilst recognising the ambiguity and limits of knowledge and appreciating more complex perspectives and schools of thought within physical education and sports coaching.
K5	Knowledge of appropriate methods to analyse and monitor performance and its enhancement.
I1	An ability to appraise and evaluate underpinning research and knowledge within physical education and sports coaching.
I2	Analysis and use of arguments, assumptions, abstract concepts and a variety of data in order to make more complex judgements relating to physical education and sports coaching.
I3	Developing competence in constructing answers to interdisciplinary problems by identifying questions and designing strategies in order to achieve a solution or range of solutions within more complex contexts.
P1	An increasing ability to communicate and deliver in a variety of ways, more complex and challenging information to specialist and non-specialist audiences in physical education and sports coaching.
P2	Confidence and competence in deploying established techniques of analysis, enquiry and practical application within physical education and sports coaching.
P3	The selection and application of a wider range of research skills to review, extend and apply their knowledge and understanding of physical education and sports coaching, and to carry out projects.
P4	Competent use of subject-related skills within laboratory and field environments.
Level 6 – at the conclusion of Level 6 (focus on extending knowledge and skills, focus on end-users, developing reflective practice) you should be able to demonstrate:	

K1	A complex and profound understanding of the biopsychosocial benefits of physical education and sports coaching and critically appraise how policy, strategy and practice is applied.
K2	An ability to appraise and evaluate how the integration of interdisciplinary subjects such as pedagogy, science, performance analysis, psychology, sociology and philosophy are applied within a physical education and sports coaching context to enhance learning and performance.
K3	Analysis of the unique and complex individual needs of all learners and participants from a holistic, biopsychosocial and non-discriminatory perspective and exhibit a profound and mature understanding of the role of the teacher or coach in promoting inclusion, diversity and equity.
K4	An ability to defend and justify your point of view being aware of the ambiguity and limits of knowledge, whilst understanding perspectives and schools of thought within physical education and sports coaching.
I1	Criticality, appraisal and communication of underpinning research and knowledge within physical education and sports coaching.
I2	Criticality in debating and evaluating complex arguments, assumptions, abstract concepts and data in order to make independent judgements relating to physical education and sports coaching.
I3	Capacity to solve interdisciplinary problems by identifying questions and designing interdisciplinary strategies in order to achieve a solution or range of solutions within complex and unpredictable contexts.
P1	Objectivity and accuracy in communicating and delivering a variety of complex information, ideas, problems and solutions to specialist and non-specialist audiences in physical education and sports coaching.
P2	A selection and accurate deployment of established techniques of analysis, enquiry and practical application within physical education and sports coaching.
P3	Application of advanced methods and techniques to review, consolidate, extend and apply their knowledge and understanding of physical education and sports coaching, and to initiate and carry out research and projects.

Employability Outcomes

Employability skills are embedded and assessed throughout your programme. Therefore, we use a generic set of employability outcomes at all levels of study.

E1	Self-management – the ability to plan and manage time; readiness to accept responsibility and improve their own performance based on feedback/reflective learning; the ability to take initiative and be proactive, flexible and resilient;
E2	Team-working – the ability to co-operate with others on a shared task and to recognise and take on appropriate team roles; leading, contributing to discussions and negotiating; contributing to discussions; awareness of interdependence with others;

E3	Business and sector awareness – an understanding of the key drivers for business success, including the importance of customer/client satisfaction and innovation; understanding of the market/sector in which an organisation operates; the ability to recognise the external context and pressures on an organisation, including concepts such as value for money, profitability and sustainability;
E4	Problem-solving – a capacity for critical reasoning, analysis and synthesis; a capacity for applying knowledge in practice; an ability to retrieve, analyse and evaluate information from different sources;
E5	Communication – the ability to present information clearly and appropriately, both orally and in writing, and to tailor messages to specific audiences and purposes;
E6	Application of numeracy – a general awareness of mathematics and its application in practical contexts; the ability to carry out arithmetic operations and understand data, to read and interpret graphs and tables and to manage a budget;
E7	Application of information technology – the ability to identify and use the appropriate IT package for a given task; familiarity with word-processing, spreadsheets and file management; the ability to use the internet and email effectively;
E8	Entrepreneurship/enterprise – the ability to demonstrate an innovative approach and creativity, to generate ideas and to identify and take opportunities;
E9	Social, cultural & civic awareness – embracement of an ethos of community and civic responsibility; an appreciation of diversity and ethical issues; an understanding of cultures and customs in the wider community.

4 External Benchmarks

Statement of congruence with the relevant external benchmarks

All Leeds Trinity University programmes are congruent with the Framework for HE Qualifications (FHEQ) and, where appropriate, the Qualifications and Credit Framework (QCF) / National Qualification and Credit Framework (NQF).

The programme is congruent with the QAA Benchmark Statement in EHLST (2019) (Events, Hospitality, Leisure, Sport and Tourism)

5 Indicative Content

Summary of content by theme

The programme is thematically designed using six academic themes namely:

- Psychology
- Sociology
- Science
- Pedagogy
- Philosophy, Policy and Practice
- Personal and Professional Development for Employability.

You will cover the themes in an integrated and multi-disciplinary manner. Modules will

have a key theme and draw upon others to synthesise your learning experience in a connected and applied way. Throughout the degree programme we will consider issues of Equality, Diversity and Inclusion (EDI) and how these impact upon your understanding, and practical application, of Physical Education and School Sport. There will be a specific focus on how it is possible to make PE and School Sport accessible for all as well as how issues of EDI have impacted upon, in both the historical and contemporary context, our understanding, practice and delivery of the subject at all levels. This will be particularly important in your Placement and Professional Practice preparation so that you have an up to date understanding of how EDI issues, along with matters such as safeguarding and duty of care, are worked out and implemented in the modern workplace. All this learning is specifically brought to a head in Level 6 when you will have the option to study a module looking at Inclusive Physical Education and School Sport

Level 4 is an opportunity for you to make a positive transition into higher education, developing your academic and research skills which have been 'mapped' within modules. Theories relating to the themes are aligned to practice in an applied way so that you develop your understanding and employability skills. There are a range of practical sessions due to the nature of the programme to foster early enjoyment. These will introduce the key areas of national curriculum physical education and a variety of sports within community and coaching settings.

Level 5 is an opportunity to apply your developing skill sets in the modules as a more analytical and critical student. The range of modules develops you further personally and professionally as well as the opportunity for a placement experience in the UK or abroad.

Level 6 is an opportunity for you to be a more independent, critical, and analytical student, drawing on the knowledge gained from previous levels and is the last step to becoming a graduate. There is a greater level of independence in choosing what modules you study and how you are assessed, preparing you to become a confident practitioner in the field of physical education and sports coaching, ready for the workplace in a wide range of career destinations.

6 Programme Structure

Programme Structure – <u>BA (Hons) Physical Education and Sports Coaching</u>			
Duration	3 years full-time 6 years part-time		
Total credit rating	360 (180 ECTS)		
Level 4 – With effect from: September 2021			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN4053	Introduction to Coaching and Teaching	Semester 1 (PT Year 2)	30 credits
SHN4063	Policy and Practice in Sport and Physical Education	Semester 1 (PT Year 1)	30 credits

SHN4073	Sociology and Psychology of Physical Education and Coaching	Semester 2 (PT Year 2)	30 credits
SHN4083	Scientific Principles of Physical Education and Coaching	Semester 2 (PT Year 1)	30 credits
Level 5 – With effect from: September 2022			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN5073	Applied Pedagogy - Models Based Practice	Semester 1 (PT Year 4)	30 credits
SHN5033	Integrated Coaching and Assessment of Performance	Semester 1 & 2 (PT Year 3)	30 credits
SHN5083	Applied Scientific Principles within Physical Education and Coaching	Semester 2 (PT Year4)	30 credits
SHN5093	Applying Professional Skills in Physical Education and School Sport	Semester 2 (PT Year 3)	30 credits
Level 6 - With effect from: September 2023			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN6033	Independent Project	Semester 1 & 2	30 credits
SHN6233	Professional Learning Through Work in PE	Semester 1 & 2 (PT Year 5)	30 credits
Options Semester 1*: You are required to choose 30 credits from the following modules			
Module Code	Module Title	Semester	Credits
SHN6093	Inclusive Physical Education and School Sport	Semester 1 (PT Year 5)	30 credits
SHN6053	Performance Coaching	Semester 1 (PT year 5)	30 credits
Options Semester 2*: You are required to choose 30 credits from the following modules			
Module Code	Module Title	Semester	Credits
SHN6103	Contemporary Debates in Physical Education and School Sport	Semester 2 (PT Year 6)	30 credits

SHN6073	Development of the Profession and the Professional	Semester 2 (PT Year 6)	30 credits
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***Note:** Students to select one module from Semester 1 and one module from Semester 2 (2 x 30 credit option modules in total to equal 60 credits)

7 Pre-requisites

Modules students must study and achieve credit for before enrolling on a module at a higher level, or attaining their final programme award

N/A

8 Learning, Teaching and Assessment

The University's Learning, Teaching and Assessment Strategy informs the design of your programme. You can find more information about learning, teaching and assessment for your programme (including information on Integrated Assessment) within the relevant Assessment Handbooks.

9 Entry requirements

Do the University's standard entry requirements apply?	Yes
Detail of any deviation from and/or addition to the University's standard entry requirements (if applicable)	N/A

10 Additional support needs

Students with disabilities or other support needs are welcome and are expected to be able to participate fully in this programme. Arrangements will be made, via the normal University support systems, to accommodate students with additional support needs wherever possible, with reasonable adjustments made to accommodate individual needs.

The heavily practical nature of this course means that issues of inclusion are high on the priorities of every module since it is vital that all students can not only access the learning in a suitably practical way, but that you can experience and understand how practical activities can be made accessible for students of all abilities and other protected characteristics. You will experience this as a learner, when using our facilities on-campus, as well as seeing first-hand how this can be, and is, done in the workplace. All our staff are experienced in adapting activities and equipment to suit all needs and we always make wide use of disability sports and explicit differentiation to aid accessibility and the learning experience for all.

Programme-specific requirements / unavoidable restrictions on participation in the programme

N/A

11 Technical Information

Awarding Body / Institution	Leeds Trinity University
Teaching institution	Leeds Trinity University
Parent School	Faculty of Social and Health Sciences
Department	School of Health, Sport and Life Sciences
Professional accreditation body	N/A
Final award	BA (Hons)
Title of programme(s)	Physical Education and Sports Coaching
Subsidiary award(s)	Certificate of Higher Education, Diploma of Higher Education, Ordinary Degree
Honours type	Single
Duration and mode(s) of study	3 years full-time; 6 years part-time
Month/year of approval of programme	June 2021
Periodic review due date	2025/26
HECoS subject code(s)	100095 Sports Coaching (100%)
UCAS course code(s)	C602
SITS route codes	PHSEDSC
Delivery venue(s)	Leeds Trinity University

12 Level Learning Outcomes

The grid below demonstrates where Level Learning Outcomes are assessed at module level and ensure that students are assessed in all Level Learning Outcomes at each level of their study.

Level 4	Assessed Learning Outcomes									
	K1	K2	K3	K4	I1	I2	I3	P1	P2	P3
	PE & Sport policy & Practice	Interdisciplinary nature of PE	Individual needs in PE	Limits of knowledge in PE	Using Research	Using arguments	Devising solutions	Communication	Analysis and application	Research skills
SHN4053 Introduction to Coaching and Teaching										
SHN4063 Policy and Practice in Sport and Physical Education										
SHN4073 Sociology and Psychology of Physical Education and Coaching										
SHN4083 Scientific Principles of Physical Education and Coaching										

Level 5	Assessed Learning Outcomes
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	K1	K2	K3	K4	I1	I2	I3	P1	P2	P3
	Physical education & sport in lifelong learning.	Interdisciplinary nature of PE	Individual needs in PE & Sport	Theories & knowledge	Underpinning research & knowledge.	Informed judgements.	Devising solutions	Communication & delivery skills.	Analysis, enquiry & practical application.	Research skills
SHN5033 Integrated Coaching and Assessment of Performance										
SHN5073 Applied Pedagogy – Models Based Practice										
SHN5083 Applied Scientific Principles within Physical Education and Coaching										
SHN5093 Applying Professional Skills in Physical Education and School Sport										

Level 6	Assessed Learning Outcomes
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	K1	K2	K3	K4	I1	I2	I3	P1	P2	P3
	Biopsychosocial benefits; application of policy, strategy & practice	Interdisciplinary nature of PE	Individual needs in PE & sport	Theories & knowledge	Underpinning research & knowledge.	Informed judgements	Devising solutions	Communication	Analysis, enquiry & practical application.	Research skills, projects
SHN6233 Professional Learning Through Work in PE										
SHN6033 Independent Project										
Options:										
SHN6093 Inclusive Physical Education and School Sport										
SHN6053 Performance Coaching										
SHN6103 Contemporary Debates in Physical Education and School Sport										
SHN6073 Development of the Profession and the Professional										

13 Employability Outcomes

The grid below shows where Employability Outcomes are assessed. Students might not be assessed in all Employability Outcomes at each level of study. However, all Employability Outcomes will have been assessed by the end the programme.

	Assessed Employability Skills								
	E1	E2	E3	E4	E5	E6	E7	E8	E9
	Self-management	Team working	Business & sector awareness	Problem solving	Communication	Numeracy	Application of IT	Enterprise & Entrepreneurship	Social & cultural awareness
Level 4									
SHN4053 Introduction to Coaching and Teaching									
SHN4063 Policy and Practice in Sport and Physical Education									
SHN4073 Sociology and Psychology of Physical Education and Coaching									
SHN4083 Scientific Principles of Physical Education and Coaching									
Level 5									
SHN5033 Integrated Coaching and Assessment of Performance									
SHN5073 Applied Pedagogy – Models Based Practice									
SHN5083 Applied Scientific Principles with Physical Education and Coaching									
SHN5093 Applying Professional Skills in Physical Education and School Sport									
Level 6									
SHN6233 Professional Learning Through Work in PE									

SHN6033 Independent Project									
Options:									
SHN6093 Inclusive Physical Education and School Sport									
SHN6053 Performance Coaching									
SHN6103 Contemporary Debates in Physical Education and School Sport									
SHN6073 Development of the Profession and the Professional									