



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)

BSc (Hons) Sports Coaching

2 Aims of the programme

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

The BSc (Hons) Sports Coaching programme at Leeds Trinity University provides a comprehensive Sports Coaching degree with a strong focus on the professional practice of coaching. After developing a solid foundation in the principles of sports coaching, you will have the opportunity to pursue specialisms in performance or participation-focussed coaching.

There are professional practice-related modules at all three levels of undergraduate study and this practical work is supported through further modules that explore the scientific underpinnings of practice and the principles and methods of coaching pedagogy to improve performance. You will develop a range of investigative and research skills enabling you to undertake research and applied practice in both an ethical and inclusive way. You will also be introduced to a variety of industry relevant technology such as GPS tracking and motion analysis to assist you in the completion of your studies and prepare you for the professional world of sports coaching.

The programme is designed so that you can shape your learning experience in order to explore coaching for diverse groups and levels, from young to old and from recreational to elite sports. You can negotiate your preferred assessment methods to best display your coaching knowledge and skills (In the following modules: Growth and Development of the Athlete; Sport and Exercise Psychology; Development of the Profession and the Professional; Independent Project). You will develop awareness of the need to make coaching inclusive and non-discriminatory and also the ability to tailor your coaching practice to meet the needs of different

performers. Supporting your learning in this applied field will be academic staff with considerable industry and research expertise able to link practical expertise to leading research developments.

The programme will critically explore contemporary key issues within sports coaching such as inclusive practice both within sessions but also in promoting sporting activities as well as equality in participation and employment. In exploring barriers to sporting participation and development, such issues will be examined relating to equality, diversity, and inclusion. This recognises the diverse backgrounds of sports participants and coaches with discussions about race, religion, gender, sexuality, and disability being prominent themes. This takes place throughout the programme but receives particular attention in certain modules through all levels of study (i.e. First year: *Introduction to Coaching and Teaching, Policy and Practice in Sport and Physical Education*, and *Sociology and Psychology of Physical Education and Coaching*. Second year: *Coaching Pedagogy and Growth and Development of the Athlete*. Final year: *Professional Practice in Sports Coaching*). Furthermore, you will be encouraged to offer your own perspectives from your experiences of sport and the programme recognises the great value of individual experiences in understanding and applying sports coaching concepts.

As a graduate you will have the necessary knowledge, skills and experience to be able to work directly in the field of sports coaching with specific routes enabling specialism in participation or performance coaching. This will be supported through the opportunity to complete industry recognised coaching qualifications during your studies. This applied programme aims to enable you to become employment-ready in a range of exciting sport performance, exercise science and physical activity-promotion careers, whilst also preparing you for a range of post-graduate study and research opportunities.

The Programme Aims are to:

- Develop your scientific knowledge, understanding and problem-solving skills via scientific inquiry to enable you to explore, critique and address a range of sport coaching-related issues.
- Develop your practical, laboratory and field-based skills, enabling you to apply these in developing ethically-sound, evidence-based interventions in sports coaching, sport performance and exercise settings.
- Develop your transferable personal, practical and intellectual skills to enable you to work effectively in a range of relevant graduate-level careers and post-graduate settings.
- Develop a broad range of transferable personal, intellectual and business skills that are essential for lifelong learning and career development, including the ability to adopt ethically safe working practices, the ability to think globally and consider issues from a variety of perspectives and the ability to adhere to relevant legislation and professional codes of conduct.
- Develop and maintain industrial networks and links with professional bodies through appropriate work placements.

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	An awareness of the theoretical aspects of sport and how these relate to sport coaching, pedagogy, and sport science.
K2	An awareness of scientific evidence underpinning coaching, drawing on a range of recent scholarly resources, and recognition of how this knowledge can impact professional practice.
K3	An appreciation of the moral and ethical issues encountered in Sports Coaching and recognition of intercultural issues relevant to professional practice.
K4	An appreciation of the need to measure and monitor sport performance to identify and evaluate appropriate training approaches.
K5	Recognition of the policy, planning, management and delivery of sporting opportunities.
K6	An appreciation of the need to recognise the various needs of the person in providing athlete-centred coaching
I1	The ability to identify and use appropriate methods of enquiry appropriate to the discipline area of Sports Coaching.
I2	The ability to recognise one's role in professional practice and an awareness of how personal reflection can influence one's own and others' future coaching actions.
I3	The ability to identify relevant findings from secondary sources and use such in arriving at an informed, and theoretically or empirically supported, perspective.
P1	Basic use of subject-related skills within laboratory and field environments.
P2	Ability to work in a group to provide support to a sport participant.
P3	Ability to work individually and manage available resources effectively.
P4	Ability to communicate ideas to a range of end-users and colleagues involved in the delivery and evaluation of sports and coaching practice.
P5	The ability to plan, implement and evaluate a safe practical sports coaching session.

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	Knowledge of the theoretical aspects of sport, sport coaching, pedagogy and sport science for a range of special populations.
K2	The ability to utilise empirical and theoretical academic literature in applying knowledge of Sports Coaching including the accurate use of scholarly conventions.
K3	Knowledge of intercultural, moral and ethical issues encountered in Sports Coaching to ensure safe and inclusive professional practice.
K4	The knowledge of appropriate methods to analyse and monitor the performance of sport and its enhancement.
K5	The ability to examine the implications of policy and management in the development and delivery of sporting opportunities.
I1	The ability to select and apply a range of analytical research methods related to the discipline area of Sports Coaching identifying appropriate methods.
I2	The ability to acquire and interpret concepts and evidence from a range of sources appropriate to Sports Coaching, and integrate these into a coherent, structured argument.
I3	The ability to identify and compare arguments and communicate findings taking into account the intended audience.
I4	Self-awareness and considered appraisal of interpersonal interactions and subsequent outcomes via reflective practice.
P1	Competent use of subject-related skills within laboratory and field environments.
P2	Competence in the planning, design and execution of practical activities using appropriate techniques and procedures, with due regard for safety, ethics and risk assessment.
P3	A capacity to plan and design a piece of independent research.
P4	The ability to recognise, obtain and utilise relevant information to evaluate practical Sports Coaching.
Level 6 – at the conclusion of Level 6 (focus on synthesis and integration, and real-world application, in-depth evaluation and reflective practice) you should be able to demonstrate:	
K1	Coherent and detailed knowledge and understanding of the theoretical aspects of sport, sport coaching, pedagogy and sport science for a range of special populations.
K2	A critical understanding of Sports Coaching through both evidence-based and professional practice, including reference to recent scholarly resources and evidence and the accurate use of scholarly conventions, with a framework of critical evaluation and synthesis.
K3	A critical understanding of the moral and ethical issues encountered in Sport Coaching and to recognise intercultural issues relevant to professional practice.

K4	The ability to critically appraise the study of sport performance and its enhancement including identification and critique of appropriate monitoring and analysis methods.
K5	The ability to recognise, understand and critically reflect upon the policy, planning, management and delivery of sporting opportunities.
I1	A secure use of appropriate analytical research methods, relating to the discipline area of Sports Coaching.
I2	The ability to acquire, interpret, evaluate critically, and challenge knowledge, concepts and evidence from a range of sources appropriate to Sports Coaching, and integrate these into a coherent, structured argument.
I3	Effective and sustained communication of results and arguments, taking into account the intended audience.
I4	An ability to critically reflect on interpersonal interactions and recognise impact of communication and behaviours in enabling and delivering effective coaching.
P1	The ability to identify, utilise and critique appropriate subject-related skills within laboratory and field environments.
P2	Competence and independence in the planning, design and execution of practical activities, selecting and using appropriate technology, techniques and procedures, with due regard for safety, ethics and risk assessment.
P3	A capacity to plan, design and undertake a piece of independent research which is presented in accordance with research conventions in Sports Coaching.
P4	The ability to plan, implement and critically evaluate a periodised sports coaching programme.

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* (November 2019) and the CIMPSA* professional standards for Sports Coach and Performance Sports Coach (June 2019). The learning outcomes seek to reflect the CIMPSA professional standards, including distinguishing between performance and participation coaching, whilst reflecting an athlete-centred approach.

* Events, Hospitality, Leisure, Sport and Tourism

* Chartered Institute for the Management of Sport and Physical Activity.

5 Indicative Content

Summary of content by theme

You will complete a programme that includes the six core themes described below, which are reflective of the CIMPSA professional standards for *Performance Sports Coach* (June 2019). You will develop strengths in these areas with each level of study building on the previous year. Specifically, these will cover: Context, culture and politics; Athletes and athlete development; Facilitating learning and development; Athlete curriculum; Understanding self; and Coaching process and practice.

The importance of adopting ethically and morally safe and non-discriminatory working practices and adherence to relevant legislation and professional codes of conduct will be evident throughout all years of study.

At Level 4, you will select and describe concepts relevant to the understanding of sports coaching in addition to demonstrating skills in applied and practical settings.

At Level 5, you are expected to apply knowledge of sports coaching to develop solutions to problems. You will analyse and apply selected concepts in relation to supporting individuals. You will also develop reflective skills to capture the practical knowledge you develop via applied practice.

At Level 6, you will synthesis and critically evaluate key theories, concepts, principles and policies and be able to develop a reasoned argument relating to supporting athletes' development.

6 Programme Structure

Programme Structure – <u>BSc (Hons) Sports Coaching</u>			
Duration	3 years full-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	30 credits
SHN4063	Policy and Practice in Sport and Physical Education	Semester 1	30 credits
SHN4073	Sociology and Psychology of Physical Education and Coaching	Semester 2	30 credits
SHN4083	Scientific Principles of Physical Education and Coaching	Semester 2	30 credits
Level 5 – With effect from: September 2022			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN5033	Integrated Coaching and Assessment of Performance	Semester 1 & 2	30 credits
SHN5043	Professional Skills and Research in Sport	Semester 1 & 2	30 credits
SHN5015	Sport and Exercise Psychology	Semester 1	15 credits
SHN5095	Growth and Development of the Athlete	Semester 1	15 credits

SHN5053	Coaching Pedagogy	Semester 2	30 credits
Level 6 – With effect from: September 2023			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN6143	Professional Learning Through Work in Sport and Exercise Sciences	Semester 1 & 2	30 credits
SHN6033	Independent Project	Semester 1 & 2	30 credits
SHN6053	Performance Coaching	Semester 1	30 credits
SHN6073	Development of the Profession and the Professional	Semester 2	30 credits

Programme Structure – <u>BSc (Hons) Sports Coaching</u>			
Duration	6 years part-time		
Total credit rating	360 (180 ECTS)		
Level 4 Year 1 – 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	30 credits
SHN4083	Scientific Principles of Physical Education and Coaching	Semester 2	30 credits
Level 4 Year 2 – With effect from: September 2022			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN4063	Policy and Practice in Sport and Physical Education	Semester 1	30 credits
SHN4073	Sociology and Psychology of Physical Education and Coaching	Semester 2	30 credits
Level 5 Year 3 – With effect from: September 2023			

Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN5015	Sport and Exercise Psychology	Semester 1	15 credits
SHN5095	Growth and Development of the Athlete	Semester 1	15 credits
SHN5053	Coaching Pedagogy	Semester 2	30 credits
Level 5 Year 4 – With effect from: September 2024			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN5043	Professional Skills and Research in Sport	Semester 1 and 2	30 credits
SHN5033	Integrated Coaching and Assessment of Performance	Semester 1 and 2	30 credits
Level 6 Year 5 – With effect from: September 2025			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN6053	Performance Coaching	Semester 1	30 credits
SHN6073	Development of the Profession and the Professional	Semester 2	30 credits
Level 6 Year 6 – With effect from: September 2026			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN6143	Professional Learning Through Work in Sport and Exercise Sciences	Semester 1 & 2	30 credits
SHN6033	Independent Project	Semester 1 & 2	30 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.

Programme-specific requirements / unavoidable restrictions on participation in the programme
The programme contains a large proportion of practical activity. This should not be seen as a barrier to engagement with this degree programme. This programme emphasises the adoption of inclusive practice and differentiation strategies as would be seen in the wider sports sector. Where students may have specific needs, in consultation with the student and working with individual Learning Support Plans, the emphasis is on developing what students <i>can do</i> and making modifications to delivery to ensure this is the case for all. It should be noted that expert coaches do not need to be expert performers; interpersonal qualities, rather than physical capabilities, often mark the differences in coaching ability.

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	CIMPISA (Chartered Institute for the Management of Sport and Physical Activity) professional standards for Sports Coach is adopted
Final award	BSc (Hons)
Title of programme(s)	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)	C6P3
SITS route codes	SPRTCHG
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	K5	K6	I1	I2	I3	P1	P2	P3	P4	P5
	Theoretical aspects of sport	Scientific evidence.	Moral and ethical issues.	Measuring, monitoring, evaluating.	Policy, planning, management.	Needs of the person.	Methods of enquiry.	Professional practice.	Relevant findings, informed	Skills in laboratory & field environments.	Working in groups.	Working individually.	Communication.	Practical sports coaching session.
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	K5	I1	I2	I3	I4	P1	P2	P3	P4
	Theoretical aspects.	Utilising literature.	Intercultural, moral & ethical issues.	Methods to analyse & monitor performance.	Policy & management.	Analytical research methods.	Concepts & evidence.	Arguments & communication.	Interpersonal interactions & reflective practice.	Skills in laboratory & field environments.	Practical activities.	Independent research.	Relevant information.
SHN5033 Integrated Coaching and Assessment of Performance													
SHN5043 Professional Skills and Research in Sport													
SHN5015 Sport and Exercise Psychology													
SHN5095 Growth and Development of the Athlete													
SHN5053 Coaching Pedagogy													

Level 6	Assessed Learning Outcomes
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	K1	K2	K3	K4	K5	I1	I2	I3	I4	P1	P2	P3	P4
	Theoretical aspects.	Critical evaluation & synthesis.	Moral & ethical issues.	Critical appraisal, monitoring & analysis.	Policy, planning & management.	Research methods.	Knowledge, concepts & evidence.	Communication.	Interpersonal interactions.	Skills in laboratory & field environments.	Practical activities.	Independent research.	Periodised sports coaching programme.
SHN6143 Professional Learning Through Work in Sport and Exercise Sciences													
SHN6033 Independent Project													
SHN6053 Performance Coaching													
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									
SHN5043 Professional Skills and Research in Sport									
SHN5015 Sport and Exercise Psychology									
SHN5095 Growth and Development of the Athlete									
SHN5053 Coaching Pedagogy									
Level 6									
SHN6143 Professional Learning Through Work in Sport and Exercise Sciences									

SHN6033 Independent Project									
SHN6053 Performance Coaching									
SHN6073 Development of the Profession and the Professional									