

Course Specification

Course Summary Information		
1	Course Title	BSc (Hons) Sports Coaching and Physical Education with Foundation Year
2	Course Code	US0979F
3	Awarding Institution	Birmingham City University
4	Teaching Institution(s) (if different from point 3)	N/A
5	Professional Statutory or Regulatory Body (PSRB) accreditation (if applicable)	

6	Course Description
	<p>Why choose a foundation year course?</p> <p>By studying a foundation year in the Sport and Physical Activity pathway, your first year will be spent learning a wide range of broad subject areas which then open up opportunities for you to specialise further in your next year – which would be the first year of a full degree course.</p> <p>As a student, you will undertake a foundation year situated at level 3 study. Your study will be broad in subject focus and has been designed as a prelude to degree study and not just one particular BSc degree. The course provides opportunities for you to develop your knowledge, skills, understanding and the expectations of learning in higher education. Your learning journey through your foundation year will provide a secure platform on which you can build throughout your academic career in higher education.</p> <p>As part of the foundation year, you will explore and develop a number of essential academic, interpersonal and professional skills that will help you succeed in your future degree level studies. Your foundation year includes four core modules and two subject pathway (Sport and Physical Activity) modules.</p> <p>Core Modules Academic Skills for Success Interpersonal Skills and Professional Behaviours Equality, Diversity and Inclusivity Negotiated Studies</p> <p>Sport and Physical Activity Pathway Modules Introduction to Human Biology Foundations of Sport and Physical Activity</p> <p>When studying on the core modules during the foundation year, classes will consist of a mixture of fellow students from two additional foundation year pathways:</p> <p>Health Sciences Society, Childhood and Education</p> <p>This has been done to provide you with opportunities to learn and share knowledge from within a diverse learning community. For subject pathway modules you can expect to study alongside</p>

fellow student with similar subject interests, allowing for the development and sharing of discipline-based knowledge. Right from the start you will be asked to consider the all-inclusive nature of the roles played within the Sport and Physical Activity pathway.

Please note: entry requirements for degree course

Upon completion of your Foundation Year, if your chosen course is regulated by a professional body such as the Nursing and Midwifery Council, Health and Care Professions Council or the National College for Teaching and Leadership, you will be required to successfully complete the University's selection process for the specific course which will include an interview in order to proceed onto year one of the full degree course. Entry onto year one of the degree course will also be subject to a satisfactory DBS and Occupational Health Assessment if these are required for your chosen course.

The course content is designed to ensure graduates develop the pedagogical practice required to coach athletes across a range of ages and abilities, as well as the delivery of all areas of the Physical Education curriculum at both Primary and Secondary school level. Following graduation, you will be in a position to gain employment within a sports coaching or school sport setting, or embark on postgraduate studies, such as a PGCE in Physical Education or an MSc in High Performance Sports Coaching, both of which are offered here at Birmingham City University.

What's covered in the course?

We will help you develop a keen understanding of your own coaching and teaching philosophy, along with providing you with industry and cultural factors that influence the wider context of sport. You will gain practical application of the theoretical underpinnings of coaching and PE teaching and have access to hands-on experiences.

Physical education continues to be an important part of Government agendas, so with this in mind, you will also learn relevant and up-to-date information that is linked and mapped to the National Curriculum for Physical Education (NCPE). You will be taught the contemporary information that educators within this sector require. It won't just be about sport either; you'll be looking at different aspects of health and people at opposite ends of the health spectrum. It's a chance for you to gain the knowledge and skills needed to negotiate different challenges in your future profession.

To help build these skills, you'll go on placements, working face-to-face and gaining first-hand experience in a coaching and/or school environment, something which will enhance your future employability.

By studying this course, you'll be studying at our recently extended campus in Edgbaston, Birmingham, which contains a state-of-the-art sport and exercise laboratory, sports therapy rooms, cutting-edge resources and a designated sports area.

7	Course Awards		
7a	Name of Final Award	Level	Credits Awarded
	Bachelor of Science (with Honours) Sports Coaching and Physical Education with Foundation Year	Level 6	480
7b	Exit Awards and Credits Awarded		
	Foundation Certificate Sport and Physical Activity	Level 3	120
	Certificate of Higher Education Sport	Level 4	240
	Diploma of Higher Education Sport	Level 5	360
	Bachelor of Science Sport	Level 6	420

8	Derogation from the University Regulations		
	Not applicable.		

9	Delivery Patterns			
	Mode(s) of Study	Location(s) of Study	Duration of Study	Code(s)
	Full Time	City South	4 years	US0979F

10	Entry Requirements		
	The admission requirements for this course are stated on the course page of the BCU website . Or may be found by searching for the course entry profile located on the UCAS website.		

11	Course Learning Outcomes		
1	Conduct yourself in a manner that is consistent with the values of your future profession.		
2	Become an autonomous learner, who is confident, adaptable and capable of independent enquiry		
3	Demonstrate a commitment to continuing personal and professional development and career planning.		
4	Demonstrate an ability to adapt behaviours in accordance with diverse cultural needs.		
5	Show sensitivity to contextual and interpersonal behaviours.		
6	Have a wide range of intellectual and key skills, and reflective approach to learning.		
7	Demonstrate excellent communication skills through a variety of modes and cultural awareness.		
8	Exhibit skills of academic writing and presentation results.		
9	Demonstrate a wide-range of transferable skills to appropriately prepare for higher levels of study and employment (e.g. communication and literacy, problem solving, numerical techniques, independent learning and working, teamwork, ICT etc.).		
10	Be able to apply effective time management and organisational skills.		
11	Be able to work effectively in a multidisciplinary team and adopt a partnership approach.		
12	Adopt and integrate multiple perspectives and explore the relationships between them.		

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12a	<p>Level 3:</p> <p><i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #ffffcc;">Module Code</th> <th style="background-color: #ffffcc;">Module Name</th> <th style="background-color: #ffffcc;">Credit Value</th> </tr> </thead> <tbody> <tr> <td>HEL3000</td> <td>Academic Skills for Success</td> <td>20</td> </tr> <tr> <td>HEL3001</td> <td>Interpersonal Skills and Professional Behaviours</td> <td>20</td> </tr> <tr> <td>HEL3002</td> <td>Equality, Diversity and Inclusivity</td> <td>20</td> </tr> <tr> <td>HEL3003</td> <td>Negotiated Studies</td> <td>20</td> </tr> <tr> <td>HEL3006</td> <td>Introduction to Human Biology</td> <td>20</td> </tr> <tr> <td>HEL3007</td> <td>Foundations of Sport and Physical Activity</td> <td>20</td> </tr> </tbody> </table> <p>Level 4:</p> <p><i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #ffffcc;">Module Code</th> <th style="background-color: #ffffcc;">Module Name</th> <th style="background-color: #ffffcc;">Credit Value</th> </tr> </thead> <tbody> <tr> <td>SPC4002</td> <td>The Coaching Process</td> <td>20</td> </tr> <tr> <td>SPC4000</td> <td>Principles of Performance Analysis</td> <td>20</td> </tr> <tr> <td>SPE4001</td> <td>Introduction to Physical Education and School Sport</td> <td>20</td> </tr> <tr> <td>SPE4002</td> <td>Children's Development: Physical, Emotional, Health, and Wellbeing</td> <td>20</td> </tr> <tr> <td>SPX4000</td> <td>Professional Skills and Evidence Based Practice</td> <td>20</td> </tr> <tr> <td>SPX4002</td> <td>Sport & Exercise Physiology and Principles of Training</td> <td>20</td> </tr> </tbody> </table> <p>Level 5:</p> <p><i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #ffffcc;">Module Code</th> <th style="background-color: #ffffcc;">Module Name</th> <th style="background-color: #ffffcc;">Credit Value</th> </tr> </thead> <tbody> <tr> <td>SPC5002</td> <td>Sports Coaching and Physical Education: Professional Practice 1</td> <td>40</td> </tr> <tr> <td>SPC5001</td> <td>Contemporary Issues in Sports Coaching and Physical Education</td> <td>20</td> </tr> <tr> <td>SPE5001</td> <td>Sport, Physical Activity, and Health in Practice</td> <td>20</td> </tr> <tr> <td>SPC5000</td> <td>Applied Pedagogy in Sports Coaching and Physical Education</td> <td>20</td> </tr> <tr> <td>SPX5002</td> <td>Planning and Conducting Research</td> <td>20</td> </tr> </tbody> </table>		Module Code	Module Name	Credit Value	HEL3000	Academic Skills for Success	20	HEL3001	Interpersonal Skills and Professional Behaviours	20	HEL3002	Equality, Diversity and Inclusivity	20	HEL3003	Negotiated Studies	20	HEL3006	Introduction to Human Biology	20	HEL3007	Foundations of Sport and Physical Activity	20	Module Code	Module Name	Credit Value	SPC4002	The Coaching Process	20	SPC4000	Principles of Performance Analysis	20	SPE4001	Introduction to Physical Education and School Sport	20	SPE4002	Children's Development: Physical, Emotional, Health, and Wellbeing	20	SPX4000	Professional Skills and Evidence Based Practice	20	SPX4002	Sport & Exercise Physiology and Principles of Training	20	Module Code	Module Name	Credit Value	SPC5002	Sports Coaching and Physical Education: Professional Practice 1	40	SPC5001	Contemporary Issues in Sports Coaching and Physical Education	20	SPE5001	Sport, Physical Activity, and Health in Practice	20	SPC5000	Applied Pedagogy in Sports Coaching and Physical Education	20	SPX5002	Planning and Conducting Research	20
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Level 6:

In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):

Module Code	Module Name	Credit Value
SPC6000	Sports Coaching and Physical Education: Professional Practice 2	40
SPC6001	High Performance Sports Coaching	20
SPX6000	Independent Research Project	40
SPX6003	Psychological Perspectives of Athletic Development	20

12b Structure Diagram
Level 3

SEMESTER ONE	SEMESTER TWO
Core HEL3006: Introduction to Human Biology (20 credits) HEL3000: Academic Skills for Success (20 credits) HEL3001: Interpersonal Skills and Professional Behaviours (20 credits)	Core HEL3007: Foundations of Sport and Physical Activity (20 credits) HEL3002: Equality, Diversity and Inclusivity (20 credits) HEL3003: Negotiated Studies (20 credits)

Level 4

SEMESTER ONE	SEMESTER TWO
<i>All core modules</i> SPE4001 Introduction to Physical Education and School Sport (20 credits) SPX4000 Professional Skills and Evidence Based Practice (20 credits) SPC4002 The Coaching Process (20 credits)	<i>All core modules</i> SPX4002 Sport & Exercise Physiology and Principles of Training (20 credits) SPE4002 Children's Development: Physical, Emotional, Health, and Wellbeing (20 credits) SPC4000 Principles of Performance Analysis (20 credits)

Level 5

<i>All core modules</i>	<i>All core modules</i>
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SPC5000 Applied Pedagogy in Sports Coaching and Physical Education (20 credits)	SPX5002 Planning and Conducting Research (20 credits)
SPE5001 Sport, Physical Activity, and Health in Practice (20 credits)	SPC5001 Contemporary Issues in Sports Coaching and Physical Education (20 credits)
SPC5000 Sports Coaching and Physical Education: Professional Practice 1 (40 credits)	

Level 6

<i>All core modules</i>	<i>All core modules</i>
SPC6001 High Performance Sports Coaching (20 credits)	SPX6003 Psychological Perspectives of Athletic Development (20 credits)
SPC6000 Sports Coaching and Physical Education: Professional Practice 2 (40 credits)	
SPX6000 Independent Research Project (40 credits)	

13 Overall Student Workload and Balance of Assessment

Overall student *workload* consists of class contact hours, independent learning and assessment activity, with each credit taken equating to a total study time of around 10 hours. While actual contact hours may depend on the optional modules selected, the following information gives an indication of how much time students will need to allocate to different activities at each level of the course.

- *Scheduled Learning* includes lectures, practical classes and workshops, contact time specified in timetable
- *Directed Learning* includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning
- *Private Study* includes preparation for exams

The *balance of assessment* by mode of assessment (e.g. coursework, exam and in-person) depends to some extent on the optional modules chosen by students. The approximate percentage of the course assessed by coursework, exam and in-person is shown below.

Level 3

Workload

41% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	488
Directed Learning	144
Private Study	568
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	79%

Exam	17%
In-Person	4%

Level 4

Workload

20% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	239
Directed Learning	428
Private Study	533
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	75
Exam	16.7
In-Person	8.3

Level 5

Workload

15% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	175
Directed Learning	475
Private Study	550
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	66.7
Exam	11.1
In-Person	22.2

Level 6

Workload

8% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	99.5

Directed Learning	385
Private Study	715.5
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	42.9
Exam	0
In-Person	57.1