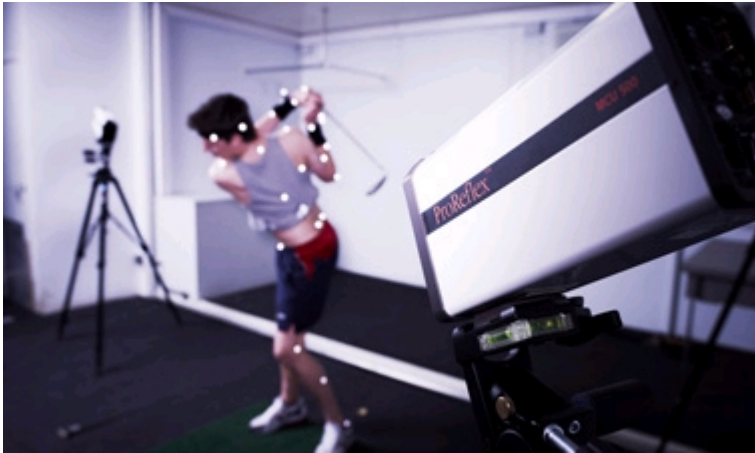


# Sports Coaching Science BSc (Hons)



Sports Coaching Science is a dynamic, established subject for anyone with an enthusiasm for coaching and its relationship with sports performance, physical activity, health, teaching and sports science.

The University of Worcester has a fine reputation for its sports degrees and the course utilises an excellent range of facilities both on and off the campus including a state-of-the-art sports hall, fitness suite, physiology laboratory, gymnasium, Motion and Performance Centre and artificial playing areas. Experience can be gained through a work placement in a coaching context of your choice and opportunities exist for study abroad in universities in the USA, Australia and Europe.

We have an established Sports Performance Centre that supports coaches and athletes in the region.

The Institute's Sports Centre also offers a wide range of National Governing Body Coaching Awards through the Coach Education Programme.

If you have relevant experience or differing entry qualifications, you may enter the course at HND level with the possibility of transferring to the third year of the degree course upon successful completion of the HND.

## UCAS code

UCAS is the central organisation through which applications are processed for entry onto full-time undergraduate courses in Higher Education in the UK.

**Sports Coaching Science BSc (Hons) (Single Honours) C601 BSc/SCS**

For the latest information, check the UCAS website at [www.ucas.com](http://www.ucas.com)

## Study options

It is also possible to study Sports Coaching Science as a joint degree with another subject.

The combination subjects available are: [Human Biology](#), [Journalism](#) and [Physical Education](#).

The University of Worcester's degree combinations add breadth to your studies and enhance your employability.

## Get in touch

**Admissions Office**

01905 855111

[admissions@worc.ac.uk](mailto:admissions@worc.ac.uk)

## Modules

\* These modules are highly recommended as they are a prerequisite for Effective Coaching.

### Year 1

Sociocultural Issues in Sport  
Principles of Sports Coaching\*  
Partnerships & Coaching in Sport \*  
Foundations of Sport (Psycho-Social)  
Foundations of Sport (Physiology)  
Foundation of Sports (Practical Kinesiology)

### Year 2

Sport Nutrition  
Invasion Sports  
Non-Invasion Sports  
Performance Analysis  
Scientific Approaches to Sports Coaching  
Effective Coaching  
Research Methods

### Year 3

Independent Study (taken over two semesters)  
Independent Study (taken in one semester)  
Outdoor & Adventure  
Training For Sport  
Learning & Performance of Sports Skills  
Sport & Disability  
Sport Coaching & Development  
Coaching Placement  
Applied Performance Analysis  
Reflective Coaching

## Assessment

Teaching methods for all modules include lectures, seminars, tutorials and a large element of practical, group and teamwork. We aim to provide a learning context that will explore the full potential of all participants and encourage excellence in both theory and practice.

The expertise of the staff includes sports coaching and teaching, match analysis, biomechanics, exercise physiology, sports motivation and sports development. Students may have opportunities to take part in research projects.

Various assessment procedures are used including:

Scientific reports  
Oral presentations  
Essays  
Coaching sessions  
Exams  
Marketing plans  
Practical performance and coaching



## Henna Kalviainen

Student, Sports Coaching Science BSc (Hons)

“The facilities at University of Worcester are excellent, and the sports tutors are really helpful - they always have time for you. I come

from Finland, but the University has such a nice, friendly environment that I feel completely at home here. This was the only place I applied to, because I came here and thought: 'This is the place for me', and I wasn't wrong!"

## Academic department

### [Institute of Sport & Exercise Science](#)

"We are proud of our strong reputation for sporting excellence. Our mission is to enhance the knowledge, skills and understanding of our students so they can continue to make a meaningful contribution to society at all levels."

Mick Donovan, Head of Institute

## Employability

Students who follow the BSc in sports coaching science degree are expected to gain experience in the field of coaching.

The degree provides an excellent foundation for a wide range of careers, including sports development and management, sports coaching, fitness instructor, match and performance analysts, teaching, research, the armed forces and public services.

As students develop as an undergraduate and become more competent as a coach then the coaching opportunities open to them are aligned and include those that generate an income.

The Institute has a track record of providing placements to a range of local clubs ranging from community to professional in both coaching and performance analysis. Placements typically are evening and weekend along with in term curriculum time.

Students on the degree pathway have gained employment in a range of countries typically in Europe and the U.S. Employment gained during their Summer vacations can be used to generate evidence that can be used against academic areas of study.

On graduation students who have followed the coaching pathway have gained full time positions at home and abroad. Typically graduates are competent in coaching learners of all ages and abilities. Graduates gain employment across the spectrum from professional Club academies to running their own sporting camps. We are developing a reputation in coaching and teaching athletes with a disability from "the playground to the podium" and currently are aware of over 25 graduates who have gained employment in this important area.

As a student on the BSc (Hons) degree at the University you will be given the opportunity to gain the industry's lead body coaching and officiating awards from level 1 to level 3. This will up-skill and qualify students so that they can take placements in their chosen sports and gain experience and employment during their time at University. A number of modules have been strategically aligned with the UKCC and QCF requirements so that students can gain awards alongside their undergraduate studies.

-As qualified coaches students can become members of their National governing body and benefit from insurance cover, newsletters and conferences.

-The course team has developed an array of placements of a voluntary and paid nature. Within the local area students have gained employment in a wide range of sports and have contributed to developing Clubs and performers.

-Students have gained coaching employment in professional sporting academies, water based sports and officiating at a range of levels.

-Students typically will gain a UKCC level 2 award alongside their degree. This will equip them to take charge of a sporting team in a paid or voluntary capacity. A number of students have gained a level 3 award and secured employment with elite players, helping them to and gain full time employment in the industry after graduation.

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<http://www.worcester.ac.uk/courses/sportscoaching-science-bschons.html>