

## **PROGRAMME SPECIFICATION**

**for the award of BSc (Honours) Sports Coaching, Fitness and Rehabilitation**

**Managed by the Faculty of Health and Life Sciences**

**Activate Learning – City of Oxford College**

<b>Date approved:</b>	9 <sup>th</sup> May, 2019
<b>Applies to students commencing study in:</b>	September 2019

## **RECORD OF UPDATES**

<b>Date amended*</b>	<b>Nature of amendment**</b>	<b>Reason for amendment**</b>

## SECTION 1: GENERAL INFORMATION

<b>Awarding body:</b>	Oxford Brookes University
<b>Teaching institution and location:</b>	Activate Learning – City of Oxford College, Oxpens Road, Oxford
<b>Language of study:</b>	English
<b>Final award/s:</b>	BSc (Hons)
<b>Programme title:</b>	Sports Coaching, Fitness and Rehabilitation
<b>Interim exit awards and award titles available:</b>	N/A
<b>Brookes course code:</b>	CV19
<b>UCAS code:</b>	C630
<b>JACS code:</b>	C600 Sport and Exercise Science
<b>HECoS code:</b>	Sport and exercise sciences
<b>Mode of delivery:</b> (Mode of Study given in brackets)	Face to face/on-campus (full-time) Face to face/on-campus (part-time)
<b>Duration of study:</b>	Expected completion 1 year (Maximum 2 years)
<b>Subject benchmark statement/s which apply to the programme:</b>	QAA Subject benchmark statement: Hospitality, leisure, sport and tourism
<b>Professional accreditation attached to the programme:</b>	N/A
<b>Apprenticeship Standard:</b>	N/A
<b>University Regulations:</b>	The programme conforms to the University Regulations for the year of entry as published/archived at: <a href="http://www.brookes.ac.uk/regulations/">http://www.brookes.ac.uk/regulations/</a>

## **SECTION 2: WHY STUDY THIS PROGRAMME?**

The BSc in Sports Coaching, Fitness and Rehabilitation is designed to prepare students for a career in sports coaching, fitness or rehabilitation and recognises the need for an inter-disciplinary approach to help maximise future employment potential. The programme provides an opportunity to acquire the knowledge and understanding of what it means to work within sports related organisations and encourages students to develop interest specific learning opportunities.

Learning is supported through close contact with a range of sport and fitness specialists with access to dedicated facilities and provides an opportunity for personally- focused learning.

Students will develop critical thinking and analytical skills, as well as professional and research skills. Alongside the academic study in the programme students will develop the communication skills that will equip them to respond to changing economic conditions, to develop an ability to work in different environments and to seek out diverse opportunities within the sports industries.

This programme is distinctive because of its focus on a range of disciplines allowing students to become inter/multi-disciplinary in their approach to sport and exercise and allow multiple exit routes into postgraduate study. The group size in each cohort, in comparison to larger institutions as allows students to access multiple opportunities for support within their studies and for formative feedback throughout their time on the programme.

### **Aim of the programme**

The aim of this level 6 top up programme is to ensure that students are competent individuals with proficient knowledge in the discipline and professional skills required for a career within Sports Coaching, Fitness and Rehabilitation. It specifically aims:

- To enable students with a Foundation Degree in Sports Coaching, Fitness & Rehabilitation or equivalent the opportunity to further extend, consolidate and apply specialist knowledge in order to achieve an honours degree.
- To support students to develop a professional practice which uses appropriate research methodologies and technologies and is informed by conventions and cultural debates within contemporary sports practice.
- To produce graduates who are able to respond creatively to problems and demonstrate qualities such as flexibility and adaptability, which will enable them to develop and sustain a career in the Sports Coaching, Fitness & Rehabilitation field, or go on to post graduate study.
- To encourage students to engage with wider social issues such as diversity, equality and the business environment in relation to Sports Coaching, Fitness & Rehabilitation practice.

## **SECTION 3: PROGRAMME LEARNING OUTCOMES**

On successful completion of the programme, graduates will demonstrate the following Brookes Attributes:

### **3.1 ACADEMIC LITERACY**

At the end of the programme students will be able to:

- Demonstrate an ability to use theoretical concepts in a practical setting.
- Apply knowledge of recognising and using evidence and procedures appropriately in order to carry out Sports Coaching, Fitness and Rehabilitation activities.

- Use reflection to inform their understanding and knowledge within the field of Sports Coaching, Fitness and Rehabilitation.

### **3.2 RESEARCH LITERACY**

At the end of the programme students will be able to:

- Make critical use of appropriate studies and challenge the findings of reports as well as have an ability to present conflicting perspectives on issues and offer possible solutions.
- Critically analyse and evaluate primary and secondary research in order to construct and sustain an argument
- Demonstrate the application of evidence to underpin practice within the area of Sports Coaching, Fitness and Rehabilitation.

### **3.3 CRITICAL SELF-AWARENESS AND PERSONAL LITERACY**

At the end of the programme students will be able to:

- Identify, manage and communicate their own role within a professional context
- Evaluate and critically assess their own work and that of others
- Display emotional intelligence in challenging situations
- Demonstrate an ability to work effectively both independently and collaboratively
- Respond in a flexible way to a changing professional environment and create opportunities for self and others.

### **3.4 DIGITAL AND INFORMATION LITERACY**

At the end of the programme students will be able to:

- Demonstrate an ability to access a wide range of appropriate source materials through relevant scholarly and professional databases, libraries, and other resources.
- Communicate effectively using a range of technologies, appropriate protocols and channels with a wide range of audiences.

### **3.5 ACTIVE CITIZENSHIP**

At the end of the programme students will be able to:

- Demonstrate an awareness of equality, diversity and social justice and the effects of discrimination, prejudice and stereotyping
- Demonstrate an understanding of the impact of Sports Coaching, Fitness and Rehabilitation in a cultural context and the importance of working with and for the community, society and globally.

## SECTION 4: CURRICULUM CONTENT & STRUCTURE

### 4.1 PROGRAMME STRUCTURE AND REQUIREMENTS:

Code	Module Title	Credits	Level	Status	Coursework: Exam ratio
S3001	Advanced Rehabilitation Techniques and Processes	30	6	Compulsory	80:20
S3002	Integrated Approaches to Training and Performance	30	6	Compulsory	70:30
S3003	Advanced Coaching Practice	30	6	Compulsory	100:0
S3004	Dissertation	30	6	Compulsory	100:0

### 4.2 PROGRESSION AND AWARD REQUIREMENTS

Award regulations are reflected in the University's Undergraduate Modular Programme regulations (B2) and can be found at the following link <https://www.brookes.ac.uk/regulations/current/specific/b2/>.

### 4.3 PROFESSIONAL REQUIREMENTS

NA

## SECTION 5: TEACHING AND ASSESSMENT

The BSc Sports Coaching, Fitness and Rehabilitation programme provides opportunities for students to achieve the learning outcomes using a range of different learning experiences. Students continue to develop knowledge, skills and confidence in their capabilities throughout the year. The module assessments have been designed to assist in the building of skills offering formative before summative assignments. There will be a schedule for each student that provides the opportunities to demonstrate their knowledge and skills. The module assignments prior to the dissertation module will require students to demonstrate a thorough grasp of the knowledge which is essential in order to practice safely and develop competence.

Throughout the course a range of teaching and learning strategies are used. The strategies aim to help students think, reflect, evaluate and consider the impact of yourself and others in a broader context

Throughout the programme, teaching and learning strategies adopted by tutors will acknowledge and encourage a range of learning styles. The programme aims to provide a balance between provision of information and opportunities to assimilate actively, apply, question, debate and reflect critically. Teaching and learning strategies will:

- Encourage students to engage in critical analysis of concepts, theories and practice to consolidate making and thinking
- Give students the opportunity to acquire practical experience in a range of activities relevant to Sports Coaching, Fitness and Rehabilitation
- Encourage students to engage in critical evaluation of their own work and performance as well as, the work and wellbeing of others

Reflection and reviews are conducted by the teaching team annually, in-line with the liaison manager and the students in relation to assessment strategies, which are based upon student feedback, module leader collaboration and external examiner feedback, ensuring that the Brookes assessment compact underpins this throughout the programme of study.

## **SECTION 6: ADMISSION TO THE PROGRAMME**

### **6.1 ENTRY REQUIREMENTS**

Students must have completed an appropriate Programme to be eligible to apply for entry to level 6 of BSc (Hons) in Sports Coaching, Fitness and Rehabilitation. These include:

- A Foundation Degree in Sports Coaching, Fitness and Rehabilitation awarded by Oxford Brookes University, successfully gaining 240 credits and usually a 55% grade average
- A Foundation degree in Sports, Science or related disciplines, successfully gaining 240 credits and usually a 55% grade average, subject to individual assessment for the recognition of credit by Oxford Brookes University.
- A Higher National Diploma in Sports Science and related disciplines, successfully gaining 240 credits with Merit Profile at level 5, QAA Benchmarks, subject to individual assessment for the recognition of credit by Oxford Brookes University.

Applicants not achieving the 55% normal entry level may still apply, but will be invited for interview

#### **English language requirements**

Applicants whose first language is not English, must also demonstrate that their level of English is acceptable by achieving a score in a recognised test such as:

- British Council IELTS: normally minimum level 6.0 overall with a minimum of 6.0 in the reading and writing components, and 5.5 in speaking and listening

### **6.2 DBS AND OTHER PRE-COURSE CHECKS REQUIRED**

City of Oxford College will ensure that students have obtained DBS checks when working with children or vulnerable adults. These checks must be obtained by the student through the organisation they are working / volunteering with.

### **6.3 JOB ROLE/EMPLOYER PROFILE (DEGREE AND HIGHER APPRENTICESHIPS)**

NA

## **SECTION 7: PREPARATION FOR EMPLOYMENT**

Students have the opportunity to develop employability skills and enhance their future career potential throughout the programme, via access to a range of different activities and additional qualifications e.g. sports massage, fitness instruction, and taping and strapping. Knowledge and understanding of the theoretical principles underpin practical application, ensuring students are working at the relevant industry standard as practitioners. There is also opportunity for students to attend guest lectures and practical sessions across all three strands of the programme.

Although not an integral part of the programme, students are encouraged to apply their skills throughout work placements, and with their peers, to assist in the key skills required to be employable within the industry.

Students have the opportunity to continue in postgraduate education following the programme in a number of different disciplines e.g. sports therapy, sports psychology, strength and conditioning and PGCE teacher training, to further their prospects of employment and longevity in the industry.