

PROGRAMME SPECIFICATION

Foundation Degree Sports Coaching, Fitness and Rehabilitation

Managed by the Faculty of Health and Life Sciences

Activate Learning – City of Oxford College

| | |
|---|---------------------------|
| Date approved: | 9 th May, 2019 |
| Applies to students commencing study in: | September 2019 |

RECORD OF UPDATES

| Date amended* | Nature of amendment** | Reason for amendment** |
|----------------------|------------------------------|-------------------------------|
| | | |

SECTION 1: GENERAL INFORMATION

| | |
|--|--|
| Awarding body: | Oxford Brookes University |
| Teaching institution and location: | Activate Learning - City of Oxford College, Oxpens Road, Oxford |
| Language of study: | English |
| Final award/s: | Foundation Degree (Science) |
| Programme title: | Sports Coaching, Fitness and Rehabilitation |
| Interim exit awards and award titles available: | Certificate of Higher Education in Sports Coaching, Fitness and Rehabilitation DipHE in Sports Coaching, Fitness and Rehabilitation |
| Brookes course code: | CV20 |
| UCAS code: | C613 |
| JACS code: | C600 Sport and Exercise Science |
| HECoS code: | Sport and exercise sciences |
| Mode of delivery: (Mode of Study given in brackets) | Face to face/on-campus (full-time) Face to face/on-campus (part-time) |
| Duration of study: | Expected Completion: 2 years (Maximum 4 years) |
| Subject benchmark statement/s which apply to the programme: | QAA Foundation Degree Qualification Benchmark |
| Professional accreditation attached to the programme: | NA |
| Apprenticeship Standard: | NA |
| University Regulations: | The programme conforms to the University Regulations for the year of entry as published/archived at: http://www.brookes.ac.uk/regulations/ Specific Regulations (B1) for Foundation Degrees (https://www.brookes.ac.uk/regulations/current/specific/b1/) also apply. |

SECTION 2: WHY STUDY THIS PROGRAMME?

The Foundation Degree in Sports Coaching, Fitness and Rehabilitation is designed to prepare students for a career in Sports Coaching, Fitness and/or Rehabilitation. The programme recognises the need for an inter-disciplinary approach to help maximise future employment potential. It therefore provides an opportunity to acquire the knowledge and understanding of 3 key aspects within the field of Sport: Sports Coaching, Fitness and Rehabilitation.

Designed to provide opportunities to acquire the knowledge and understanding necessary for employment within sports related organisations, the programme encourages students to develop a range of skills. It purposely takes a broad approach to the sector and aims to maximise the student's employment and learning potential. It is considered essential that as part of the delivery students have the opportunity to gain professionally recognised qualifications that will improve both their employability and their understanding of the sports industry. Recognising the need to develop independent learners it encourages students to identify and develop their own sport related interests. It contains a significant work based learning element which can be developed and moulded by the student to match their personal interests.

Work experience is a key factor in this course and students are encouraged to organise a placement that meets their interests and skills. The experience, personal and professional development acquired during the voluntary work be captured and awarded academic credit through the assessment of the Work Based Learning module. Students are encouraged and required to take ownership of their learning, with the support of tutors. In modules such as work based learning they will participate in setting some of their own work related learning objectives, creating a personalised learning plan.

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. Specialist guest speakers, members of our sports forum, will be invited to present sessions on specific skills and approaches. As student may consider self-employment or choose to work within a sports organisation the programme provides an introduction to business skills for the sports practitioner, perfect for students to gain an understanding of the business aspects of sport.

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

Following successful completion of the FdSc Sports Coaching, Fitness and Rehabilitation students will be eligible to apply for the Top up year and achieve a BSc Sports Coaching, Fitness and Rehabilitation.

Aim of the programme

The Foundation Degree in Sports Coaching, Fitness and Rehabilitation is aimed at students looking for work focused HE learning after completing L3 sports qualifications. It will provide a broad understanding of the sports industry with a strong academic approach underpinned by recognised professional qualifications, thereby maximising opportunity and progress in to employment or further study

It is expected that students will have the skills and knowledge to pursue one or more of the following options:

- Progress onto the third year of the BSc Sports coaching, fitness and rehabilitation
- Complete additional professional qualifications and accreditations to specialise in a particular field e.g. GP referral, strength and conditioning (UKSCA), progression towards BASES Supervised Experience and accreditation.
- Gain employment as:
 - Sports coach
 - Sports injury practitioner
 - Sports massage therapist

Or Fitness instructor
personal trainer

Ultimately the programme aims to ensure that students are competent individuals with proficient knowledge in the discipline and professional skills for a career in Sports Coaching, Fitness and Rehabilitation It specifically aims to:

- To enable students with a Foundation Degree in Sports Coaching, Fitness & Rehabilitation to develop, consolidate and apply specialist knowledge in order to achieve a foundation 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 students who are able to respond 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 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 a sound understanding of the skills and professional knowledge required to underpin Sports Coaching, Fitness and Rehabilitation activities.
- Demonstrate and analyse appropriate skills and processes within Sports Coaching, Fitness and Rehabilitation activities.
- Express ideas using appropriate scientific and subject-specific nomenclature and terminology
- Use reflective learning to inform understanding and knowledge of professional practice within the field of Sports Coaching, Fitness and Rehabilitation.

3.2 RESEARCH LITERACY

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

- Research, review, synthesise, summarise and analyse subject-specific information
- Use appropriate theories, concepts, reports and scientific knowledge to support findings and hypotheses.
- Plan and develop small scale projects that collect information and analysis findings.
- Have an ability to identify conflicting perspectives on issues and offer possible solutions

- Use established techniques to initiate and undertake critical analyse of information and propose solutions to common Sports Coaching, Fitness and Rehabilitation issues and activities supported by appropriate sources

3.3 CRITICAL SELF-AWARENESS AND PERSONAL LITERACY

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

- Demonstrate an ability to organise oneself in order to develop as an autonomous and independent learner
- Evaluate personal performance in Work Based Situations
- Define personal career goals
- Plan an appropriate strategy to achieve career goals
- Manage time effectively and meet deadlines
- Identify personal strengths and areas for improvement/further development

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
- Collect, collate and use data effectively using a range of processes
- 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 understanding 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 |
|-------------|---------------------------------|----------------|--------------|---------------|-----------------------------------|
| S100 1 | Developing Skills for Learning | 15 | 4 | Compulsory | 100:0 |
| S100 3 | Exercise Physiology and Anatomy | 15 | 4 | Compulsory | 100:0 |

| | | | | | |
|-----------|---|----|---|------------|-------|
| S100 5 | Fitness Assessment and Training | 15 | 4 | Compulsory | 100:0 |
| S100 6 | Biomechanical Analysis | 15 | 4 | Compulsory | 50:50 |
| S100 7 | Sports Injuries and Rehabilitation | 15 | 4 | Compulsory | 60:40 |
| S100 8 | Coaching Theory to Practice | 15 | 4 | Compulsory | 100:0 |
| S100 9 | Sport and Exercise Nutrition | 15 | 4 | Compulsory | 100:0 |
| S101 0 | Introduction to sport and exercise psychology | 15 | 4 | Compulsory | 50:50 |
| S200 1 | Developing Critical Skills for Learning | 15 | 5 | Compulsory | 100:0 |
| S200 2 | Work Based Learning | 30 | 5 | Compulsory | 100:0 |
| S200 3 | Professional Practice in Sport Coaching | 15 | 5 | Compulsory | 100:0 |
| S200 4 | The Rehabilitation Process | 15 | 5 | Compulsory | 70:30 |
| S200 5 | Advanced Fitness Assessment and Training | 15 | 5 | Compulsory | 100:0 |
| S200 6 | Sports Massage | 15 | 5 | Compulsory | 100:0 |
| S200 7 | Business Skills for Sport Practitioners | 15 | 5 | Compulsory | 100:0 |

4.2 PROGRESSION AND AWARD REQUIREMENTS

Progression and award requirements follow section B1 of the University regulations (<https://www.brookes.ac.uk/regulations/current/specific/b1/>)

4.3 PROFESSIONAL REQUIREMENTS

NA

SECTION 5: TEACHING AND ASSESSMENT

The FdSc Sports Coaching, Fitness and Rehabilitation programme provides opportunities for students to achieve the learning outcomes using a range of different learning experiences. Students will be able to develop their knowledge, skills and confidence in their capabilities throughout the two years. 25% of all learning will be work related and this includes a work based learning module in the second year. Where and whenever possible all learning will be based on practical scenarios and real life situations

From the very outset of the course students will be given access to the two virtual learning environments at both City of Oxford College and Oxford Brookes. The Induction period and information provided to students will give a clear outline about the IT facilities, how to access them, and using them to their full potential.

The team that deliver the programme is from City of Oxford College. The programme has been developed in close collaboration with Oxford Brookes University and the implementation and delivery involves the team working together for teaching, assessment and evaluation and feedback.

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 practice will require students to demonstrate a thorough grasp of the knowledge which is essential to practice safely and develop

competence. The assessments including the Work Related Learning module are designed to demonstrate attainment of the learning outcomes to level 5 of the FHEQ in line with the QAA foundation degree characteristics statement.

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

Each application will be considered on an individual basis following the University principle of widening access to those who might not have the traditional academic entry criteria to degree level awards.

Normally the requirement would be:

Either:

- a minimum of the equivalent of two years' full-time relevant work experience and a current role in an appropriate workplace setting
- evidence of ability to study at academic level 4
- evidence of support from their employer and recommendation;

Or:

- a minimum of one A-level at grade C plus the equivalent of 5 GCSE passes at C grade or above normally including Mathematics and English Language - or an equivalent vocationally related qualification such as NVQ 3 (to Merit grade) in a subject relevant to Sports Coaching, Fitness and Rehabilitation

In addition

- Where applicable; 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

It will be the responsibility of the student and their employer/ voluntary organisation to arrange DBS checks where students are working with young people and vulnerable adults. City of Oxford College will confirm that the appropriate DBS checks have been carried out.

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

N/A

SECTION 7: PREPARATION FOR EMPLOYMENT

Employer engagement and input is a key part of the programme. Employer feedback from work-placements to module leaders has ensured the programme remains current and follows industry standard trends. Modules guides and delivery is tailored to incorporate suggestions made from community organisations. The strong relationships with employers can be seen through guest speaker sessions, master classes and visits to organisations such as Oxford United Football Club for sessions with their performance analysis team.

Reflection is an essential aspect of the programme to inform the students future development, from theory to practice, where students are continually encouraged to consider the application of disciplines

with different client groups, across a range of different scenarios, which allows them to understand the intricacies of employment of applied sport.

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.