

## HND Sport and Exercise Science (Pathway: Coaching Science)

<b>Department</b>	The Department of Health and Human Sciences
<b>Awarding Body</b>	Pearsons
<b>Additional Accreditations</b>	None
<b>Full-time Duration</b>	1 Year
<b>Part-time Duration</b>	This course is not available on a part-time basis
<b>Full-time Annual Fee</b>	£6,360 per year full-time
<b>Part-time Annual Fee</b>	N/A
<b>UCAS CODE</b>	C007
<b>Entry Requirements</b>	Completion of an appropriate HNC in Sport. GCSE English and maths at grade 4/C or above or demonstrated competency at L2 or above
<b>Study Location</b>	University and Professional Development Centre, 73 Western Way, Bury St Edmunds UK
<b>Subject to Validation</b>	No
<b>Additional Potential Costs</b>	<p>You may need to apply for an enhanced DBS (approx. £44) depending on your work placement plans.</p> <p>You will need to purchase West Suffolk College Sport practical clothing.</p> <p>£14 – T Shirt</p> <p>£25 – Hoodie</p> <p>There potentially could be additional costs for external trips and visits. Costs will be dependent on travel and admissions process at the time.</p>
<b>Narrative</b>	Embark on a dynamic journey into the world of Sport & Exercise Science with our BTEC Higher National qualification. Designed for those who seek practical, hands-on learning experiences, this qualification offers a comprehensive study of the Sport & Exercise Science sector, opening doors to a wealth of exciting career opportunities in the field.

At the heart of our program is the goal to equip you with the skills and knowledge necessary to thrive within the sport and active leisure industry. We understand the importance of being able to operate effectively, efficiently, and in alignment with current industry practices. Whether you aspire to advance your current career or kickstart a new one, our course is tailored to prepare you for the challenges and opportunities that lie ahead.

Our approach is all about hands-on learning. We believe that practical experience is the key to unlocking your potential and ensuring you're ready to make a meaningful impact in your chosen field. Our emphasis on work experience placements means you'll have the chance to apply your knowledge in real-world settings, gaining invaluable insights and skills that will set you apart.

When it comes to coaching, education, and instruction, we recognise the diverse needs of the industry. While our course team boasts expertise in both performance-focused and participation-oriented approaches, our ethos leans toward fostering inclusion and enabling participation. We understand the importance of creating an environment where everyone, regardless of their background or ability, can enjoy the benefits of sport and exercise.

What sets our program apart is its unique focus on practical skills and understanding. We bridge the gap between theory and application, ensuring that you graduate not only with a solid knowledge base but also with the practical skills and understanding necessary for the job market. This approach addresses a crucial gap in the market, where many institutions concentrate on sports science theory without preparing students for the roles available in the industry.

Sport and physical activity are constantly evolving, and our course reflects this dynamic nature. We are committed to keeping you up to speed with the latest industry trends and changes. This means you'll graduate with the adaptability and knowledge required to thrive in this fast-paced and ever-changing field.

<b>Key Course Features</b>	<p>The course is delivered on campus and requires students to attend two full days per week. Additional days are required industry placements and experience.</p> <p>Delivery of the course is through a range of methods including lectures, seminars, case-study, discussions, and workshops.</p>
<b>Career Prospects</b>	<p>Community Sport &amp; Physical Activity:</p> <p>Sports development</p> <p>Sports coaching</p> <p>Health promotion</p> <p>Health and fitness management</p>
<b>Module Summary</b>	<p><b>1.Research Project (Double Unit)</b></p> <p>The unit provides an opportunity to engage in sustained research in a specific field related to your career aspirations and interests.</p> <p><b>2.Advanced Coaching</b></p> <p>The unit challenges you to analyse the environment of performance coaching from a pedagogic and multi-disciplinary support service.</p> <p>perspective, utilising theory and technology to improve performance in your chosen sports.</p> <p><b>3.Performance Analysis</b></p> <p>You will gain an understanding of performance analysis within sport and how it is used to aid development. You will engage in research to analyse performance, to create a performance profile, practically analyse performance, and carry out a post-event analysis to provide feedback.</p> <p><b>4. Talent Identification and Development</b></p> <p>You will gain knowledge and understanding of talent identification and development in sport, with the capability to review the effectiveness of talent identification and development programmes and identify factors that impact on success.</p> <p><b>5. Sport and Exercise for Specific Groups</b></p>

On completion of this unit, you will be able to demonstrate knowledge of the different specific client groups and the barriers to their involvement in sport and exercise.

### **6. Physical Education and School Sport**

The unit develops your subject, curriculum, and pedagogical content knowledge in the context of Physical Education and school sport. It introduces you to the safe and effective teaching of Physical Education and school sport in both the school and wider community environment.

### **7. Strength and Condition Coaching**

This unit aims to develop your underpinning knowledge of the foundations of strength and conditioning, the application of different types of specific methods of training and the underlying theories of sports programming.

#### **Staff Team**

All lecturing staff are vocational specialists. Fully qualified with vast industry knowledge.

#### **Assessment Methods**

A variety of assessment methods are used which include written reports, written assignments, literature reviews, group presentations, and the compilation of a learning journal.

Modules are assessed by the module leader and internally verified by another member of staff.

### Typical Module Diet

All modules are 15 credits  
unless stated

Level 5	Unit Type	Indicative Schedule
1. Research Project	Core	Year Long
2. Advanced Coaching	Core	Semester 2
3. Performance Analysis	Core	Semester 1
4. Talent Identification and Development	Core	Semester 2
5. Sport and Exercise for Specific Groups	Core	Semester 1
6. Physical Education and School Sport	Core	Semester 1
7. Strength and Condition Coaching	Core	Semester 2

### Study Hours

**Study Hours per 15 credit Module: 200 hours.**

Lectures and Seminars: 36 – 48 hours

Assessments: 30 hours

Preparation and Independent study: 122 – 134 hours

*This programme is regulated by the Office for Students under the Quality Assurance Agency framework for UK Higher Education. Where studying may incur additional incidental or optional costs these are listed on the relevant course page on our website. Our Terms and Conditions, Admissions Policy (including baseline English language requirements) can be accessed via the University Studies website at <https://www.universitystudies.wsc.ac.uk/policies>*