

BSc (Hons) Sport Science (Top-Up)

Department	Sport
Awarding Body	UEA
Additional Accreditations	N/A
Full-time Duration	One Year
Part-time Duration	Two Years (where applicable)
Full-time Annual Fee	£8,500
Part-time Annual Fee	£4,250 (where applicable)
Entry Requirements	A level 5 qualification in a sporting discipline: An appropriate HND, Foundation Degree, or successful completion of 2 years of degree study in an appropriate subject. Applicants will be asked to provide details of previous qualifications including Units / Modules of study which will be reviewed by Course Leaders to assess suitability for the course. English language requirements: IELTS (Academic) Grade 6 IELTS 6.0 overall (minimum 5.5 in all components) where English is not the student's first language. Non-standard applicants who do not meet the published entry requirements may be considered on an individual basis and we encourage such applicants to contact Universitystudiesadmissions@easterneducationgroup.ac.uk for further guidance. <i>The university does not accept International Applications for this course</i>
Study Location	University and Professional Development Centre, 73 Western Way, Bury St Edmunds UK
Subject to Validation	No

Additional Potential Costs

While students often have access to teaching and learning spaces on campus outside of scheduled sessions, purchasing a personal computer is recommended. The cost varies depending on the model chosen.

An enhanced DBS check, costing £44, may be necessary depending on your work placement plans.

Students are required to purchase West Suffolk College/ UPDC Sport practical clothing:

- T-Shirt: £22
- Hoodie: £28

There may be additional costs for external trips and visits, which will depend on travel and admission prices at the time.

Additional expenses might include:

- Books, if you prefer to own copies, typically costing £100 - £200 per year.
- Visits to exhibitions and events.
- Paper-based materials.
- Printing costs, though most submissions are electronic. (Although most work is submitted electronically).

HECOS Code

100095

Narrative

BSc Sports Science (Coaching & Performance Analysis) Top-up - Course Narrative

Embark on an intensive journey into the world of sports science with our one-year BSc Sports Science (Coaching & Performance Analysis) Topup program. This course is meticulously designed for students who have successfully completed 120 credits at both Level 4 HNC/HTQ and Level 5 HND in a relevant field, achieving a Merit profile. It offers a highly specialised curriculum that delves deep into coaching, sports performance, and performance analysis.

As you progress through the program, you will engage in advanced coursework and assessments that builds upon your foundational knowledge, enhancing your understanding of key sports science principles and techniques. The program is heavily focused on practical application, providing numerous opportunities to apply theoretical concepts to real-world scenarios in sports.

Key features of the course include:

- **Advanced Coaching Techniques:** Elevate your coaching skills with cutting-edge strategies and methodologies.
- **Performance Analysis in Sports:** Gain expertise in analysing and enhancing athletic performance through modern analytical techniques.
- **Research Project:** Conduct a detailed research project that allows you to explore a specific area of interest within sports science.
- **Applied Experience:** Participate in a practical module tailored to provide hands-on experience in a real-world sports setting.
- **Sports Psychology:** Understand the psychological aspects that influence athlete performance and how to apply these insights effectively.
- **Strength and Conditioning:** Learn to develop and implement conditioning programs that enhance physical performance and reduce the risk of injury.
- **Nutrition and Sports Performance:** Explore the role of nutrition in athletic performance and learn how to create diet plans that optimise athlete health and performance.

Upon completion of this comprehensive program, graduates will possess a higher level of expertise, prepared to embark on successful careers in coaching, sports performance enhancement, or other related fields within the sports industry. This course not only refines your practical and analytical skills but also empowers you to become a leader in the

dynamic field of sports science. Join us to turn your passion for sports into a profound professional reality.

Key Course Features

The course is delivered on campus and requires students to attend a two full days per week and one day a week off site on a Work placement.

Delivery of the course is through a range of methods including lectures, seminars, case-study, discussions, and workshops.

Year One:

This is a one-year course, within the year, BSc Sports Science (Coaching & Performance Analysis) Top-up program, students deepen their knowledge of advanced sports science concepts and principles, particularly focusing on coaching, performance analysis, and sports performance. Throughout the year, students are encouraged to critically evaluate and interpret these advanced concepts using both qualitative and quantitative data to make informed decisions relevant to real-world sports settings.

Emphasis is placed on developing strong problem-solving skills, as students are tasked with assessing various methodologies and strategies within both academic and practical sports contexts. This involves a hands-on approach where theoretical knowledge is applied directly to coaching, training, and performance analysis scenarios.

Additionally, students enhance their communication skills, crucial for effective coaching and team management, and are prepared to undertake further training. Personal responsibility and leadership qualities are developed throughout the year, equipping students with the essential skills needed for future employment and career advancement in the sports industry.

Career Prospects

Typical job roles and salaries:

- Sports Psychologist - £30'000 - £50'000
- Exercise Physiologist - £25'000 - £40'000
- Fitness Centre Manager - £20'000 - £35'000
- Sports Therapist - £25'000 - £45'000
- Research Scientist - £30'000 - £60'000
- Performance Analyst - £25'000 - £40'000
- Strength and Conditioning Coach - £25'000 - £40'000

These are generic salary scales – with higher qualifications or postgraduate studies, experience and delving into elite / professional sport these salaries will increase further.

Module Summary

Level 6 (Year 1)

Advanced Coaching Techniques

Explore sophisticated coaching strategies and techniques to enhance athlete performance and team dynamics. This module

emphasises practical coaching skills and theoretical frameworks for effective training.

Performance Analysis in Sports

Focus on the methods and tools used to evaluate athletic performance. Students learn to gather and analyse data, using insights to optimise training and competitive outcomes.

Research Project

Conduct an independent research project that investigates a specific topic within sports science. This module develops research skills and provides an opportunity to contribute original insights to the field of sports performance.

Applied Experience

Gain practical experience in a real-world sports setting. This module allows students to apply theoretical knowledge to practical scenarios, enhancing professional skills and industry understanding.

Sports Psychology (Optional)

Examine psychological principles and their application in sports to improve athlete performance. Topics include motivation, stress management, and the psychological preparation of athletes.

Strength and Conditioning (Optional)

Learn to design and implement strength and conditioning programs that enhance athletic performance and prevent injuries. This module covers physiological, biomechanical, and practical aspects of physical training.

Nutrition and Sports Performance (Optional)

Explore the impact of nutrition on athletic performance. This module covers dietary strategies, nutrient timing, and food planning to optimise health and performance outcomes.

Staff Team

Lecturing staff have qualifications in a vast range of areas, at undergraduate and post graduate level. The team have a wealth of experience in industry, research and higher education.

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, work based project.

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

Typical Module Diet

All modules are 20 credits unless stated

Year 1 (L6) Subject to change

Advanced Coaching Techniques
Performance Analysis in Sports
Research Project
Applied Experience
Sports Psychology
Strength and Conditioning
Nutrition and Sports Performance

Study Hours

Study Hours per 20 credit Module: 200 hours

Lectures and Seminars: 36 – 48 hours

Assessments: 30 hours

Preparation and Independent study: 122 – 134 hours

Work placement hours: 144 Hours

*Typically, three 20 credit modules will be studied per Semester. There are two Semesters a year.

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>