

# Programme Specification

<b>Programme Title and Name of Award</b>	BA (Hons) Sport, Coaching and Physical Education (Top-Up)		
<b>Academic Level</b>	6	<b>Total Credits</b>	120
<b>Professional Body Accreditation / Qualification</b>	Not applicable		
<b>UCAS Code</b>	C603		
<b>HECoS Code</b>	100095		
<b>Criteria for Admission to the Programme</b>	<p>The University's standard criteria for admissions apply. Please refer to the <a href="#">Applicant Information</a> pages of the University website for more information. For <a href="#">APL</a>, please refer to the University website.</p> <p>Detailed criteria for admission to this programme can be found on the programme webpage:</p>		
<b>Teaching Institution</b>	University of Cumbria		
<b>Owning Department</b>	Medical and Sport Sciences		
<b>Programme delivered in conjunction with</b>	Not applicable		
<b>Principal Mode of Delivery</b>	Face to Face		
<b>Pattern of Delivery</b>	<p>Full Time</p> <p>This programme may also be made available on an infill part-time basis at the discretion of the academic programme leader</p>		
<b>Delivery Site(s)</b>	Lancaster		
<b>Programme Length</b>	<p>Full time – 1 Year</p> <p>Part Time 2 Years</p> <p>Maximum Registration Period – 4 Years</p>		
<b>Higher Education Achievement Report (HEAR)</b>	Upon successful completion of this programme, you may receive a Diploma Supplement/Higher Education Achievement Report (HEAR).		

<b>Exit Awards</b>	You may be awarded one of the following Exit Awards if you fail to achieve the requirements of the full programme.  BA Sport Coaching and Physical Education
<b>Period of Approval</b>	2020 - 2026

### Cumbria Graduate Attributes

Throughout your studies, you will be provided with the skills and knowledge relevant to the global workplace. All successful graduates of the University of Cumbria will be:

- Enquiring and open to change.
- Self-reliant, adaptable and flexible.
- Confident in your discipline as it develops and changes over time.
- Capable of working across disciplines and working well with others.
- Confident in your digital capabilities.
- Able to manage your own professional and personal development.
- A global citizen, socially responsible and aware of the potential contribution of your work to the cultural and economic wellbeing of the community and its impact on the environment.
- A leader of people and of places.
- Ambitious and proud.

### Programme Features

This programme focuses on physical education, sport coaching and sport development, blending academic rigour and vocational skills. It consistently links up-to date multi- disciplinary theory with practical skills. It is designed to appeal primarily to those seeking careers in sport coaching, physical education/sport teaching in primary, secondary and tertiary sectors (further post-graduate study would be required) and sport development officers within national governing bodies and local authorities.

There are three distinctive features of the programme; the first of which is its applied and vocational nature. You will study a range of academic disciplines, delivered with an applied focus to the complex reality which is modern physical education, sport coaching and sport development. A unique part of this is that you will complete a residential at Level 6 as part of the Outdoor and Adventurous Activities module. This will take place in the UNESCO World Heritage status Lake District National Park and will provide you with the opportunity to experience a range of outdoor and adventurous activities and develop your understanding of how the outdoor environment can be used to educate children and young people.

The second distinctive feature is the flexible nature of the delivery of the programme, which utilises a range of applied learning strategies with a strong emphasis on the skills and practices involved in physical education, sport coaching and sport development, alongside an understanding of vocational practice in these contexts. As most of the work is practitioner based, the majority of learning will be on a face to face basis, however, the use of learning technologies such as a virtual learning environment (Blackboard) will be extensive throughout the programme. A variety of assessment methods will be used, most of which require an 'assessment for learning' and 'independent' approach to study.

Thirdly, the programme includes a strong focus on **employability** and **personal enhancement**, and provides you with the opportunity to identify, reflect on, and improve personal and professional strengths related to career development in physical education, sport coaching and sport development. This employability focus will allow you to develop and demonstrate practical competencies, communication and interpersonal skills, professionalism, organisation, time management, and presentation skills. Development of more advanced problem solving, critical thinking, analytical and evaluative skills, emotional intelligence, leadership, confidence and lifelong learning will feature strongly throughout many of the modules as formative strategies as well as through summative assessment.

You will make links with the careers team to discuss your skill development and to help you reflect on how these link to your employability and graduate skills. This will provide you with the opportunity to identify, reflect on, and improve personal and professional strengths related to career development in physical education, sport coaching and sport development. This employability focus will allow you to develop and demonstrate practical competencies, communication and interpersonal skills, professionalism, organisation, time management, and presentation skills. You will have the opportunity to work on your digital skills profile, ensuring you have access to the universities MOOC's and 'Linked in Learning' to help build upon your current level of IT literacy.

You will also complete a research project in a subject area of your choice. This helps build research skills and may help you progress to further study such as post-graduate teacher training, masters study or even PhD study. Indeed, in recent times a large number of University of Cumbria undergraduates have presented their research at national student conferences on topics such as coaching philosophy, anxiety in sport, confidence in sport and youth coaching practice.

## **Aims of the Programme**

The overall aims of the Programme are:

1. To develop knowledge and understanding of the multi-disciplinary and interdisciplinary theory and practice in the context of physical education teaching and/or sport coaching and sport and physical activity development.
2. To develop knowledge and understanding of the social, economic and cultural impact of sport and physical education in the UK.
3. To develop knowledge and understanding of the policy, planning, development and delivery of physical education, sport coaching, and sport and physical activity development in the UK.
4. To develop knowledge and understanding of the methods of enquiry, interpretation and evaluation of findings relevant to physical education, sport coaching and related sport development.
5. To develop knowledge and understanding of the human responses to physical education, sport coaching and physical activity, particularly in children and young people.
6. To develop knowledge and understanding of vocationally relevant practitioner skills, including reflection, within the physical education, sport coaching and sport development domains.
7. To provide opportunities for student achievement in subject-related, key personal and social skills.
8. To enhance the employment prospects of graduates and promote lifelong learning.
9. To promote sustained, independent intellectual work that provides evidence of critical analysis, evaluation and synthesis.

## Level Descriptors

Level Descriptors describe in general terms the expected outcomes you will achieve at each level of study as you progress through your programmes. They describe the relative demand, complexity, depth of learning and learner autonomy associated with a particular level of learning and achievement. The University's Level Descriptors are aligned to the national [Framework for Higher Education Qualifications](#) (FHEQ) and are a key mechanism for ensuring the academic standards of the University's provision.

At Level 6, you will be able to demonstrate that you have the ability to:

- Critically review, consolidate and extend a systematic and coherent body of knowledge.
- Critically evaluate concepts and evidence from a range of resources.
- Transfer and apply subject-specific, cognitive and transferable skills and problem solving strategies to a range of situations and to solve complex problems.
- Communicate solutions, arguments and ideas clearly and in a variety of forms.
- Exercise considerable judgement in a range of situations.
- Accept accountability for determining and achieving personal and group outcomes.
- Reflect critically and analytically on personal experience in the light of recent scholarship and current statutory regulations.

## Programme Outcomes – Knowledge and Understanding

The programme provides opportunities for you to develop and demonstrate the following:

**After 100 credits of study (BA) you will be able to demonstrate:**

**K1.** Detailed and expert knowledge of a range of specialist areas and applications in teaching, coaching and sport development.

**K2.** Increased knowledge of discipline specific sport research and of the design, collection, analysis and application of different types of research data.

**K3.** Critical and specialist knowledge of factors that influence research, policy and practice within applied sport settings.

**After 120 credits of study (BA Hons) you will be able to demonstrate:**

**K4.** Detailed knowledge and specialist understanding of an area of sport that forms the basis of your empirical dissertation.

## Programme Outcomes – Skills and other Attributes (including Employability Skills)

The programme provides opportunities for you to develop and demonstrate the following:

**After 100 credits of study (BA) you will be able to:**

**S1.** Demonstrate highly effective team working and negotiating skills in group projects and event delivery, including expressing evidence based opinions and ideas in a collaborative and well supported manner to reach agreements and solutions.

**S2.** Critically evaluate and effectively present research findings using a range of presentation media;

**S3.** Demonstrate increasing sophistication in academic, professional and graduate skills (e.g. communication, IT, literacy, numeracy, reflection, active listening, negotiation skills, decision making, problem solving and critical thinking).

**S4.** Critically discuss teaching, coaching and other discipline specific theory, evidence and research methods.

**After 120 credits of study (BA Hons) you will be able to demonstrate:**

**S5.** Planning, design, execution and communication through a sustained piece of independent study, which provides evidence of critical engagement with, and interpretation of, appropriate data within the chosen field, and which may challenge previously held assumptions.

### External and Internal Reference Points

The following Subject Benchmark Statements and other external and internal reference points have been used to inform the Programme Outcomes:

Quality Assurance Agency generic skills and behaviours and subject-specific benchmarks for the Events, Hospitality, Leisure, Sport and Tourism subject grouping which can be found at:

[https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/sbs-events-hospitality-leisure-sport-tourism-16.pdf?sfvrsn=159df781\\_10](https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/sbs-events-hospitality-leisure-sport-tourism-16.pdf?sfvrsn=159df781_10)

### Quality Management & Enhancement

The following will be considered when undertaking review and oversight:

- The UK Quality Code for Higher Education, specifically programme monitoring and review
- The Equality Impact Assessment (EIA) for the programme owned by the University of Cumbria.

With regard to the core processes for maintaining, managing and governing the programme, the University of Cumbria employs a range of strategies to ensure that oversight is comprehensive. Annual university wide monitoring of the programme, governed by the UK Quality Code for Higher Education, ensures that teaching and programme content is fit for purpose and maintained accordingly.

Student and staff forums are held each semester and provide an accessible forum for the debate and discussion of issues relating to the student academic experience and any other aspects of University life which students feel relevant across a set of programmes.

The Student Success and Academic Support Committee, which has broad representation from both students and staff also provides a transparent vehicle by which student success and support can be guided by best practice and identified need.

All of these systems and processes are in place to maintain the quality of the programme and to provide governance and oversight in a transparent manner so as to ensure quality is translated into practice. All academic programmes are owned by the University of Cumbria and, as such, they will remain accountable for academic quality assurance as determined by internal policy and processes, which are compliant with QAA processes and the Teaching Excellence Framework (TEF).

The following links below provide access to key documents that relate to policy and strategy and you are invited to take the opportunity to familiarise yourself with the content:

- [UoC Strategic Plan](#)
- [UoC Learning, Teaching and Assessment Strategy](#)

- UoC Academic Regulations and Academic Procedures and Processes

Department of Medical and Sport Sciences Business Plan 2016 – 2021.

## **Graduate Prospects**

By studying the BA (Hons) Sport, Coaching and Physical Education Top-Up programme you will not only be gaining extensive theoretical knowledge and practical skill competence of your chosen topic of study, but also developing a range of relevant transferrable skills which you can use to gain work during and after your study.

Graduates progressing from the programme can progress to study for a Post-Graduate Certificate in Education and many have gained employment as teachers (often specialising in physical education) within a diverse range of organisations including primary, secondary, state, independent and special educational schools.

Some students have established their own coaching business operating within schools and local communities and many graduates have gained employment as sport development officers with national governing bodies of sport (British Cycling, British Rowing, British Equestrian Federation, Cricket Scotland) and local authorities.

A number of alumni have forged careers as performance analysts whilst others have secured performance coaching positions in professional sports clubs (e.g. Manchester United FC, Blackburn Rovers FC, Tottenham, Hotspur FC, Morecambe FC, Carlisle United FC).

Some students have chosen to progress on to Masters programmes and PhD study and are employed within further and higher education institutions.

## **Learning, Teaching and Assessment Strategies employed to enable the Programme Outcomes to be Achieved and Demonstrated**

As a student at the University of Cumbria, you are part of an inclusive learning community that recognises diversity. You will have opportunities to learn by interacting with others in a collegiate, facilitative and dynamic learning environment. Teaching, assessment and student support will allow equal and equitable opportunities for you to optimise your potential and develop autonomy.

We seek to create a stimulating and innovative community of learning, whether encountered on campus or at a distance, on placement or in the workplace. Facilitated by our expert practitioner staff, you will experience a learning environment that is well equipped, flexible, and stimulating.

### **Learning and Teaching**

The programme's learning, teaching and assessment strategy has been developed with reference to the University of Cumbria Learning and Teaching Strategy 2017-2022.

A variety of teaching and learning methods are used throughout the programme for both full-time and part-time learners. These are designed to match the learning outcomes and to support the development of independent learners with transferable skills. All these features are key in reducing attrition and increasing your satisfaction.

Learning and teaching methods are designed to:

- Be student-centred, flexible and modern whilst being challenging and stimulating.
- Support different learners' needs at different stages of development.

- Be fully supported by, and integrated with, technological approaches such as the Blackboard virtual learning environment (VLE).
- Actively ensure the two-way link between theory with practice.
- Be fair, objective and impart academic rigour to the learning and teaching processes.
- Develop you as an independent and self-directed learner, inculcating the ethos of reflective learning.
- Develop your ability to learn effectively so that you are performing academically at level 6 in terms of achieving the programme aims and outcomes through a variety of assessments, including an in-depth, evidence-based research dissertation.

Modules are delivered with a mixture of formal contact time, directed and blended learning and independent learning. The proportion of the methods used varies with the focus of each module. You will develop your academic skills and become progressively more independent in your learning. Key knowledge and understanding is acquired through a wide range of teaching methods including lectures, seminars, workshops, problem-solving tasks, practical teaching/coaching sessions, group work, observational learning, research projects, private and directed study.

All staff engaged in the development and delivery of this programme are active in continuing professional development. A significant amount of practical experience is aligned to a professional requirement to maintain a current level of knowledge. All staff hold, or are active in, subject-specific qualifications and conduct research pertinent to professional practice.

Resources and equipment have been replaced and updated to facilitate teaching, learning and assessment activities on relevant practical modules.

### **Summative and Formative Assessment**

Modules use formative and summative assessment so that you progress through a module in a structured and constructive manner and build knowledge in a coherent and logical way. Formative assessments are designed so that feedback on your individual performance is provided prior to the submission of the final, summative assessment and will occur regularly to inform your progress and performance. Formative work does not contribute to the final module mark or the credit awarded.

A varied diet of assessment methods will be utilised and they reflect the multi-disciplinary nature of this programme and the increasing demand for employment ready graduates.

Assessment methods are specified in each module guide and will include:

- Essays.
- Research reports.
- Data analysis and interpretation.
- Class presentations (individual and group).
- Poster presentations and conferences.
- Reflective learning (\*including portfolio).

\*Portfolios may be comprised of a number of pieces of work, which together, provide evidence of learning and demonstrate achievement of learning outcomes in a variety of modes. For example, written pieces as well as video recordings of practical activities or presentations, power point slides, a series of reflections or on-line discussions are just some of the ways you may evidence your learning.

## **Student Support**

We provide responsive learner support that promotes student success. Our approach to learner support is designed to support achievement and progression, champion inclusivity and accessibility, prepare you for opportunities beyond study, and promote independence and resilience, enabling you to achieve your potential.

As a student of the University of Cumbria, you will be taught by academics and expert practitioners who facilitate learning through structured inquiry. You will be provided with access to high quality academic resources through physical and digital libraries and will be supported to develop skills that enable you to become a critical, reflective, discerning and independent learner and researcher.

### **Induction**

You will have a 1 day induction prior to the commencement of the programme where you will be familiarised with University facilities and resources. You will meet your programme leader, your module leaders and your personal tutor. These meetings will also provide you with the opportunity to hold preliminary discussions regarding placement and dissertation. You will also meet staff from many other support service areas including Learning and Information Services (LiSS) where you will be provided with guidance regarding using library resources and the referencing system used at University of Cumbria.

### **Health and Wellbeing**

Your wellbeing is very important to us at the university. That's why we offer a wide variety of confidential support and advice to help you out when you need it. Personal, emotional and psychological problems can impact on your ability to study. Counselling and therapy can give you time to explore what is going on in your life in a safe setting. You will be listened to, respected and not judged. You can explore ways to help yourself, do things differently, be clearer about things and move on. Our Mental Health and Wellbeing Team incorporates Counselling, Therapy and Mental Health Case Worker support, Mental Health Mentoring, and students at the University of Cumbria have access to this specialist level of support. Our Mental Health Case Workers, and qualified and trainee Psychological Therapists offer confidential support and advice in a number of ways:

- Information on how to access services provided by the NHS and Social Services
- Support for disabled students including some aspects of mental health
- Counselling and therapy service
- Information for staff and students

Appointments are available during the week, with additional workshops and group sessions throughout the year.

More information can be access online: <https://my.cumbria.ac.uk/Student-Life/Support/Health--Wellbeing/>

### **Personal Tutoring**

You will also be allocated a Personal Tutor. Your Personal Tutor will be proactively involved in the delivery of your programme and will have contact with you throughout your time at the University. You will have two formal meetings with your personal tutor and these can be conducted face to face or via skype and/or other communication channels if preferred. They will support your learning and development, including through tutorials, Progress Reviews and other support such as writing your end of programme student reference as outlined in the Personal Tutoring Policy.

### **Personal Development Planning**

You will meet with staff from the Careers Service as part of your Placement module and develop skills and resources necessary for employment or further study. A Careers Day will also be provided whereby guest speakers comprising alumni will be invited to detail their career paths post-graduation.

## **Library and Academic Support (based in Information Services)**

Module leaders will collaborate with Library and Academic Advisors to ensure that your reading and resource lists are current and items are available via the library discovery tool OneSearch. In order to maximise access, availability and usefulness, ebooks and electronic journal titles will, in most cases, be prioritised. You can access a wide range of electronic and print content using [OneSearch](#) and you can find out more about key texts, databases and journals for your subject by accessing the library's [subject resources webpages](#). Where appropriate, module reading and resource lists will be made available to you electronically using the University's [online reading and resource list system](#).

The [Skills@Cumbria](#) service can help support your academic skills and success throughout your programme. The service is delivered by a team of professional Library and Academic Advisors. It includes a suite of [online self-help resources](#) accessible 24/7 via the University's website and Blackboard site. It also provides group and individual advice and guidance accessible through and alongside your course and by different means such as face to face, email or virtual. Visit [skills@cumbria](#) for more details.

## **IT and Technical Support**

Technology is an invaluable asset when it comes to studying, so it's important you know how to make the most out of the excellent [facilities](#) we have available. Our aim is to ensure you can access university electronic resources from anywhere or any device, whether on or off campus. The [Student Hub](#) is your one-stop gateway to all university systems, Outlook email, and OneDrive.

Whether you consider yourself a computer expert or you're not confident about your IT skills, we're always around to ensure you get the level of support you need. We have a wealth of information and support available on the [website](#) and have a dedicated IT Service Desk where you can talk to someone by phone or log your question online from anywhere, at any time.

## **Student Support Services**

Student Support Services offer a wide range of support, including: careers and employability, financial help, counselling, health and wellbeing and support for disabled students and those with specific learning requirements. We also offer mentoring by trained students which you can request at any point during your studies. We know that you want to get the most out of your programme, make the best use of your time and find or continue in the career you always dreamed of. Access university support and facilities easily and quickly via the [website](#) and/or via the Student Services guidance tile on the [Student Hub](#).

In addition to the range of guidance above, you have the opportunity to further develop your personal, academic and professional skills by taking part in a number of initiatives coordinated and delivered by professional services advisers:

### **Head Start Plus**

Head Start Plus is also an online skills development course, designed to support students who are about or who have just started study at level 5 or 6 (2<sup>nd</sup> and 3<sup>rd</sup> year undergraduate). This course is particularly recommended to students who may not have studied at HE level for some time or who are transitioning into the higher HE levels. The course provides a useful refresh on academic skills and practice and an insight into the expectations of tutors at those levels.

This course is free and available via the Open Education Platform powered by Blackboard. To access the course, follow the link to <https://openeducation.blackboard.com/cumbria> and set-up a free account with Open Education. Once logged on, select the course free of charge and work through it at your own pace.

### **Peer Mentoring @ Cumbria**

You will be allocated a student Mentor who will be in touch to offer a non-judgemental and friendly hand and to help with various aspects of your student experience, from making friends to settling in, to

helping you understand the expectations of academic study and dealing with assessment worries.

### **Mature Students' Events**

Whether it is a coffee morning, lunchtime gathering or a social event, there are events happening throughout the year to link you up with other mature students who will also be juggling a number of commitments alongside their studies.

### **Help is at Hand Events**

Keep a look out for these interactive events on campus around October and January. You are encouraged to attend these as they showcase the range of support available here and give you the opportunity to talk to people from Finance, Accommodation, the Students' Union, the Wellbeing and Disability Team etc.

### **Career Ahead+**

Career Ahead+ is the University of Cumbria's Employability Award. Completing Career Ahead+ will help you recognise and develop your skills, providing a greater opportunity for you to get the job you want when you graduate. The award is based on what employers look for in an ideal candidate, in relation to skills, knowledge and experience. You will be supported with career direction, gaining experience, and providing all the skills needed to complete the perfect application and be successful in that all important job interview. Contact [careerahead@cumbria.ac.uk](mailto:careerahead@cumbria.ac.uk) or visit [www.cumbria.ac.uk/careerahead](http://www.cumbria.ac.uk/careerahead) for more information.

<b>Programme Curriculum Map</b>					
<b>Academic Level</b>	<b>Module Code</b>	<b>Module Title</b>	<b>Credits</b>	<b>Module Status*</b>	<b>Programme Outcomes achieved</b>
6	SPAG 6000	Independent Investigative Project	40	Compulsory	K1 - 4; S2 - 5
6	SPAG 6022	Outdoor and Adventurous Activities	20	Compulsory	K1, 3; S1, 3
6	SPAG 6014	Managing Community Events	20	Compulsory	K1 - 3; S2 - 4
6	SPAG 6008	Club and Coach Development	20	Compulsory	K1 - 3; S2 - 4
6	SPAG 6013	Performance Analysis in Sport	20	Compulsory	K1, 3; S1 - 4
<b>Notes</b>					
<p>This programme operates in accordance with the University's Academic Regulations and Academic Procedures and Processes.</p> <p>A failed student will not be permitted to re-register on the same programme.</p>					

<b>* Key to Module Statuses</b>	
Compulsory Modules	Must be taken although it may possible to condone/compensate as a marginal fail (within the limits set out in the Academic Regulations and provided that all core or pass/fail elements of module assessment have been passed)

<b>Programme Delivery Structure: Full Time</b>				
<b>Module Code</b>	<b>Module Title</b>	<b>Delivery Pattern</b>	<b>Method(s) of Assessment</b>	<b>Approximate Assessment Deadline</b>
		<b>Autumn Semester / Spring Semester / Extended Spring Semester / Year-Long</b>		
SPAG 6000	Independent Investigative Project	Year-Long	Dissertation (80%) Oral Presentation (20%)	End Semester 2 End Semester 2
SPAG 6022	Outdoor and Adventurous Activities	Spring	Oral Presentation (100%)	End Semester 2
SPAG 6014	Managing Community Events	Spring	Practical Skills Assessment (30%) Project Work (70%)	End Semester 2 End Semester 2
SPAG 6008	Club and Coach Development	Autumn	Oral Presentation (50%) Written Assignment (50%)	Mid Semester 1 End Semester 1
SPAG 6013	Performance Analysis in Sport	Autumn	Oral Presentation (100%)	End Semester 1
<b>Students exiting at this point with 60 – 100 credits would receive an Ordinary BA Sport Coaching and Physical Education</b>				

## Methods for Evaluating and Improving the Quality and Standards of Learning

### Mechanisms used for the Review and Evaluation of the Curriculum and Learning, Teaching and Assessment Methods

- Module Evaluation
- Programme Validation and Periodic Review
- Annual Monitoring
- Peer Review of Teaching
- External Examiner Reports
- Student Success and Quality Assurance Committee

### Mechanisms used for gaining and responding to feedback on the quality of teaching and the learning experience – gained from: Students, graduates, employers, placement and work-based learning providers, other stakeholders, etc.

- Staff Student Forum
- Module Evaluation Forms
- Programme Evaluation: National Student Survey, UK Engagement Survey
- Module/Programme/Personal tutorials
- Meetings with External Examiners

### Date of Programme Specification Production:

03.06.19

### Date Programme Specification was last updated:

November 2023

**For further information about this programme, refer to the programme page on the University website**

**The following information has implications for potential international applicants who require a Tier 4 visa to study in the UK**

**Is the placement requirement more than 50% of the programme?**

No