



FdSc Sport (Coaching and Fitness)

UCAS Code: C6B9

The FdSc sport coaching and fitness programme will provide an in depth insight into the industry. Students will gain credible sports coaching and sports fitness skills alongside an understanding of health, science and how to get the best out of the individuals with whom they are working.

Work experience will form part of the programme allowing students the opportunity to experience working in the industry. Post placements have included gyms, schools and coaching companies.

The programme will combine the valuable experience and knowledge around alongside health and fitness, coaching and teaching pedagogy, a journey that will lead to becoming an effective teacher/coach or establishing your own business.

MODULES

Year 1 (Level 4) Core Modules include

- Human Science in Sport
- Practical Skills and Fitness
- Contemporary Sports Coaching
- Sport as a Business
- Academic Skills
- Industry Skills

Year 2 (Level 5) Core Modules include

- Performance Analysis
- Physical Instruction and Fitness
- Applied Human Science in Sport
- Coaching Theory and Sports Leadership
- Personal Research Project
- Professional Development



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PLACEMENT

This programme requires students to undertake 300 hours of work placement, with 150 completed each academic year. Work placement is completed with an external provider which is arranged by the student. All work placements are subject to a health and safety check by the college to ensure that placements are suitable and safe. Support can be made available via the module tutor to help locate a suitable placement

ASSESSMENT

Assessments will be designed to give students the opportunity of performing tasks that they would be asked to do in employment. There are a range of assessment methods used, including reports, case studies, presentations and exams. Typically each module involves two assessments

IN COURSE COSTS

Students are typically provided with the opportunity to take part in international study tours to a variety of locations.

AFTER THE COURSE

On successful completion, students may wish to consider progressing onto the University Centre's top-up course, allowing students to graduate with a BSc(Hons) degree.

Students alternatively may wish to consider careers in a variety of industries focused on coaching, fitness education and teaching.

ENTRY REQUIREMENTS

Applicants should have achieved 48 UCAS points plus 5 GCSEs including English, Maths and Science at grade C/4 or above. In addition applicants must have successfully completed a minimum of one year of Level 3 study and/or have significant industry experience. Equivalent qualifications may be accepted in lieu of GCSEs. An initial assessment process may be used to inform the College of your current status.

Some students may be asked to attend an interview

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YORKSHIRE