

THE OPEN SPORT UNIVERSITY



BSC (HONS) SPORTS COACHING

Powered by **UCS**



WELCOME

From the Chief Operating Officer of UCS

Selecting the next path in a learning journey can be confusing for any student. Our dedicated professional team will help you to make an informed decision that best supports your career aspirations.

On behalf of Universal Centre of Sport, I encourage you to find out more about how we can support your career aspirations and look forward to welcoming those who are serious about their future, at Holbeach United FEA's Campus 'The Open Sport University'.

UCS is an inclusive centre guided by the traditions of industry professionals, that places key emphasis on areas around intellectual curiosity, provision to others, and a comprehensive perspective on education. A UCS education grounded in sporting excellence, promotes career preparation and provides opportunities for personal and professional growth in sport and its associated areas. A student-focused learning community that values equality and diversity, and focuses on the education of the whole person. Here at UCS, we guide the intellectual, ethical, and physical development of each of our students.

Established in 2014 to serve the growing needs of the sports industry, UCS has become one of the UK's leading providers in Sports Education at Degree Level. In 2024 we have more than 28 campuses across the country as far afield as Manchester, Surrey & most recently Glasgow Rangers FC. UCS has an outstanding track-record of developing excellent graduates, delivering the next generation of the workforce to different sectors of the sports industry.



OUR GOALS

At our UCS campus in Holbeach, we are all about getting you to the next level. We strive to better our students through educational experiences both in and out of the classroom.

UCS aims to create a haven where students feel safe to tackle challenges and accomplish all goals, whether they are personal or professional. We want to help you to become the best versions of yourself, whilst having fun along the way.



Dominic Anderson,
Chief Operating Officer



SYLLABUS

We offer, what is in our opinion, the best BSc (Hons) Degree in sport - The BSc (Hons) in Sport Coaching, supported and endorsed by the University of Northampton (UoN).

OVERVIEW

The Sport Coaching BSc (Hons) degree is designed to develop your key coaching skills and behaviours and to understand how our coaching styles and approaches influence our athletes. Our Sport Coaching degree will develop skills such as long-term planning, reflective practice, conducting athlete needs analysis and understanding pedagogy in different sporting environments.

For sports coaches to have a holistic approach to their athletes' development, we need to have an understanding of the physiological, technical, psychological and social factors that feed into the long term athlete development, as well as developing performance analysis skills and putting all our practical coaching skills into the real world, through the UCS network of sports organisations.

APPLYING YOUR SKILLS

To develop your applied skills, you complete a minimum of 120 hours of work-based learning in each year that you study with UCS, so you can apply ideas from the course and build the skills that employers look for.

UCS has worked closely with The University of Northampton (UoN) to select a suite of modules that reflects the needs of the sports coaching industry, such as Analysis, Psychology and Applied Business Practice. UCS has an unrivalled network of local clubs and organisations ready and able to provide you with valuable "hands-on" experience.

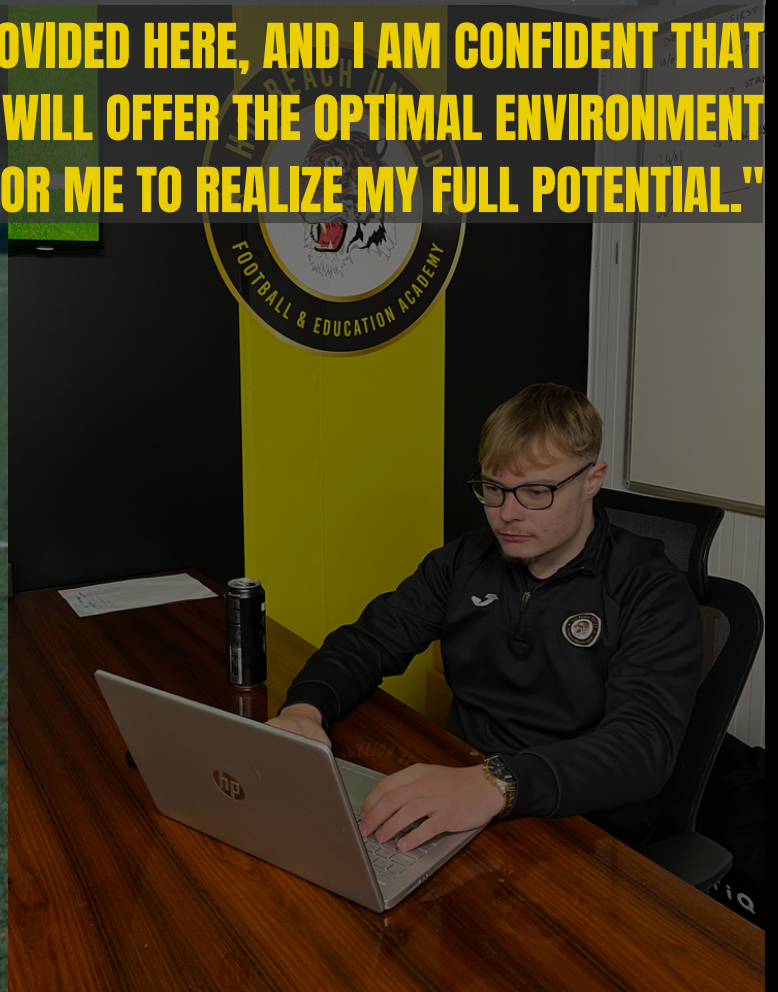
FILIP

Identify:
What are the factors that impact an individuals physical health.

Discover:
Factors that effect an individual's health.

Apply:
How factors can impact an individuals health.
Scenario: Analyse an individuals (own) overall

"I HAVE SELECTED THE OPEN SPORT UNIVERSITY FOR MY ACADEMIC PURSUIT, AS IT PRESENTS A UNIQUE OPPORTUNITY TO FULFILL MY ASPIRATION OF BECOMING A PHYSICAL EDUCATION TEACHER WHILE CONCURRENTLY ENGAGING IN FULL-TIME TRAINING AND PLAY. MY EXPERIENCE AS A COLLEGE SCHOLAR HAS AFFORDED ME THE INSIGHT INTO THE EXCEPTIONAL QUALITY OF INSTRUCTION PROVIDED HERE, AND I AM CONFIDENT THAT THIS INSTITUTION WILL OFFER THE OPTIMAL ENVIRONMENT FOR ME TO REALIZE MY FULL POTENTIAL."





EDUCATION

With each year of delivery certificated individually and culminating in the BSc, we provide a Higher Educational environment that not only provides life changing experiences but also flexibility and safeguards for students or student-athletes should their career opportunities take them around the world. But even then we can remove the barriers to learning through our technology, even live streaming lecture content directly from our lecture theatre to athletes around the globe.

The Educational curriculum and lectures are delivered by UCS, who provide and employ all Lecturers and work in partnership with Holbeach United F.E.A's 'The Open Sport University'.

THE OPEN SPORT UNIVERSITY WAY

Our ethos of embedding your learning in the heart of professional industry allows you to develop, and put together a set of skills to help you be successful in successful in your chosen career.

Through specific, targeted work experience, we focus on key employability skills.



TEACHING METHODS

Our programme is delivered through a blended learning approach. This consists of 80% live tutor-lead online delivery and 20% in-person, face to face learning. This allows for streamlined small-group group interaction, as well as assessment of practical skills required by modules, such as coaching, training, performance and fitness testing. These sessions take place at designated UCS campuses.

Attendance at these sessions is compulsory, UCS will arrange your travel and accommodation, as required. Options available are discussed during the interview process and during induction week.

ASSESSMENT

our course provides opportunities to test a student's understanding of the subject informally, before the completion of the formal assessments that count towards the final grade.

Each module normally contains at least one piece of practice or 'formative' assessment, for which students receive feedback from their lecturer.

There is then a formal or 'summative' assessment at the end of each module.

Assessment methods include written examinations, essays, reports, portfolios, performances, presentations, and a dissertation.



WORK EXPERIENCE

We believe that education is only part of the equation. Students need to develop the skills required to prepare themselves for the world of work.


To this end, all students are expected to participate in a structured and varied schedule of work experience, which ensures they can apply learned theory to real-life sporting environments.

The programme is generally tailored to the interests of the students, with a variety of roles available at each campus, such as coaching, teaching, S&C competing, marketing, media support and performance analyst,

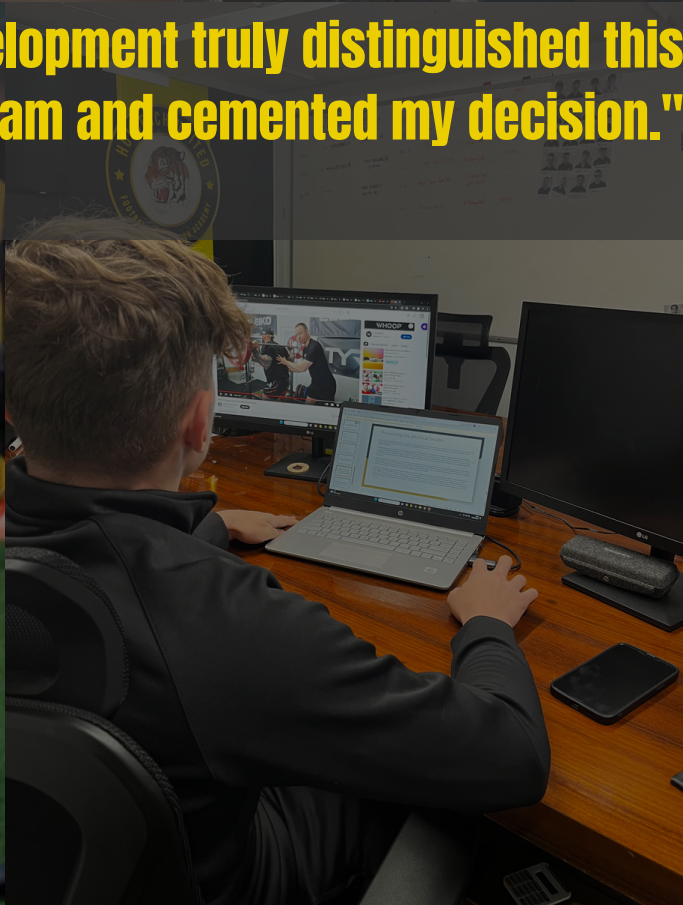

Our exclusive relationships with professional sports industry partners mean that we can provide a valuable advantage in these placements, and therefore give students a head start when applying for a job.



MATAS



"The opportunity to attain a nationally recognised degree concurrently with qualifications for becoming a personal trainer is unreal. However, the decisive factor for me was the ability to continue my journey as a student-athlete. This unique blend of academic and athletic development truly distinguished this program and cemented my decision."





WHY CHOOSE THE OPEN SPORT UNIVERSITY

The Open Sport University Programme at Holbeach United F.C.A brings together outstanding industry networks from around the country and the outstanding UCS Lecturers giving our students and student athletes a Universal experience from which they can maximise their true potential.

UCS specialises in Undergraduate degree level programmes in the sports industry. Our industry based stepping-stone provides opportunities to develop coaching, employability and management skills necessary to be successful in your chosen career.

UCS has been delivering Higher Education Programmes since 2014 and is proud of our students outstanding successes.





WHY CHOOSE THE OPEN SPORT UNIVERSITY

ACADEMIC EXCELLENCE

At UCS, we pride ourselves on an academic programme that prepares higher education students for the world of academia, sport and fitness. Our staff build academic excellence in our students, creating an environment that allows students to take ownership of their learning journey.

EMPLOYABILITY SKILLS

The goal of UCS is to provide students with hands-on experience in education that prepares them with the required skill set for the ever-changing world of employment. While subject-specific knowledge is always important to employers, employability skills are essential to career development.

Employability skills are transferable skills that are needed in every job, such as communication, teamwork, problem-solving, initiative, planning, organising, self-management and lifelong learning. All of which are developed and enhanced at UCS.

OUTSTANDING SUCCESS

The UCS tutors help to ensure that our student body achieves an outstanding success rate in completing their programme and moving into education or employment.

This culminates in students gaining added value in deeper knowledge and best practices, leading to a truly outstanding experience within the sports industry.



OUR INCENTIVES

Lets be honest, everyone LOVES a freebie or two!

Well, take a quick look at what guaranteed giveaways you receive if you join The Open Sport University*:

- A FREE laptop! (Worth £500).
- A FREE 'Open Sport University' team & student tracksuit! (Worth £250)*.
- ALL work experience placements arranged for you! (Worth hours of your time).
- We are CHEAPER than most other BSc (Hons) providers nationally.
- We provide opportunities to continue your studies whilst committing to full-time football coaching & playing, helping you reach your maximum potential in the game!

• (*) For this to remain free, students must stay enrolled on the course for the full 3 year programme. Should learners leave the programme early, the laptop must be returned in immaculate condition**, and the Open Sport University tracksuit must be paid for (£250).

• (**) If laptop is not in immaculate condition, then the value of the laptop in its original condition will be required to be exchanged back to us.



CHARLIE

"I HAVE CHOSEN TO ENROLL AT THE OPEN SPORT UNIVERSITY AS IT PROVIDES THE IDEAL PLATFORM FOR ME TO ENHANCE MY CAPABILITIES BOTH AS A STUDENT AND AN ATHLETE. MY AMBITION IS TO PERFORM AT THE THE HIGHEST LEVEL POSSIBLE, AND I AM THRILLED ABOUT THE PROSPECT OF BEING AMONG THE INAUGURAL MEMBERS OF THE NEW SENIOR MEN'S TEAM. EQUALLY IMPORTANT IS THE OPPORTUNITY TO WORK TOWARDS A NATIONALLY RECOGNIZED DEGREE IN SPORTS COACHING. THIS NOT ONLY ALIGNS WITH MY ASPIRATIONS BUT ALSO SERVES AS A STRATEGIC PLAN FOR MY CAREER DEVELOPMENT, OFFERING A SOLID FOUNDATION IN COACHING SHOULD MY FOOTBALL CAREER TAKE AN ALTERNATE PATH."



OUR COURSES

DO YOU ASPIRE TO BECOME ONE OF THE FOLLOWING?

- PE/Sports Teacher?
- A Personal Trainer/ Strength & Conditioning Coach?
- A UEFA Qualified Football Coach? or,
- A Sports Performance Analyst?

IF YOUR ANSWER IS YES TO THE ABOVE, THEN YOU MUST CHECK OUT THE OPEN SPORT UNIVERSITY'S BSc (HONS) IN SPORTS COACHING!

We operate with THE MOST flexibility possible. We offer students the option to study either 100% remotely (UK based or internationally), 100% onsite (at our Holbeach United F.E.A campus), or a mix of both!

What makes us different to the rest is that whilst our students are securing their BSc (Hons) in Sports Coaching over 3 years, they are also progressing across their chosen 'Graduate Route'. Students select one of the following Graduate Routes:

- 1) PE/Sports Teaching route (Level 3 & 4 Teaching)
- 2) Personal Training / Strength & Conditioning Coach route (Level 2 & 3)
- 3) Football Coaching route (FA Level 1, 2 and/or UEFA C)
- 4) Sports Performance Analysis route (FA/PSFA Level 2/3)

What makes this so good is that when you have completed 3 years with The Open Sports University, you not only graduate with your BSc (Hons) in Sports Coaching, but you will also be highly qualified and instantly ready for employment in your chosen Graduate route and career!



OUR COURSES

WAIT!
IT GETS BETTER...

All of our students have the option to incorporate either a 'Student-Athlete' or 'Student Only' pathway.

STUDENT-ATHLETES:

Our Student-Athlete's combine their studying & work experience with full-time/part-time semi professional football where they will compete for Holbeach United F.E.A's student only team, whom play in the English non-league football pyramid

STUDENT ONLY:

Our 'Student Only' learners focus solely on completing their studies and work experiences for the duration of their course.

WHAT IF I START THE OPEN SPORT UNIVERSITY AND THEN LATER DECIDE I DONT WANT TO CONTINUE?

Well, we have thought of that as well, as long as you complete each year in full, you can leave the programme with a qualification to show for it:

Leave after year one? You obtain a Level 4 - Higher National Certificate (HNC)

Leave after year two? You obtain a Level 5 - Higher National Diploma (HND)

Complete the course in full? You obtain a Level 6 - Bachelor of Science (BSc) in Sports Coaching



CAREER OPPORTUNITIES

The Open Sport University offers a wide variety of rewarding work experience opportunities across a range of careers in sport and education both at home and around the world. Using our extended network of contacts within the sport & football industry our students are afforded opportunities in semi-professional and professional sport both in the United Kingdom and abroad.

APPLYING YOUR SKILLS

To develop your applied skills, you complete a minimum of 120 hours of work-based learning in each year that you study with UCS, so you can apply ideas from the course and build the skills that employers look for.

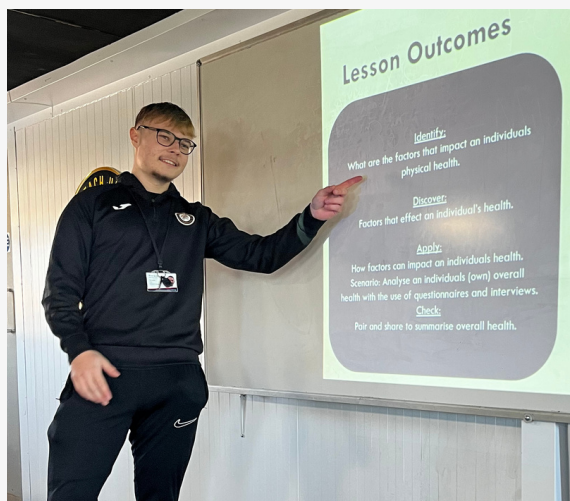
UCS has worked closely with The University of Northampton (UoN) and The University of the Highlands and Islands (UHI) to select a suite of modules that reflects the needs of the sports coaching industry, such as Analysis, Psychology and Applied Business Practice. UCS has an unrivalled network of local clubs and organisations ready and able to provide you with valuable "hands-on" experience.





THE OPEN SPORT UNIVERSITY'S 'GRADUATE PATHWAYS'

The Open Sport University offers a wide variety of rewarding work experience opportunities across a range of careers in sport and education both at home and around the world. Using our extended network of contacts within the sport & football industry our students are afforded opportunities in semi-professional and professional sport both in the United Kingdom and abroad. Whilst embarking upon our BSc (Hons) in Sports Coaching, our students will chose and progress down one of our four Graduate Pathways':



Lesson Outcomes

- Identify:** What are the factors that impact an individual's physical health.
- Discover:** Factors that effect an individual's health.
- Apply:** How factors can impact an individual's health.
Scenario: Analyse an individual's (own) overall health with the use of questionnaires and interviews.
- Check:** Pair and share to summarise overall health.



SPORTS PERFORMANCE ANALYSIS

We have partnered with InPlay Sports, who provide us with software that allows our learners to tag and code competitive matches. This is a fundamental aspect of sports analysis as it allows managers and coaches to assess the performance of their players and key performance indicators. If this Graduate pathway is chosen, then these students will obtain nationally recognised PA qualifications, allowing them direct access to employment within this field.

PE/SPORT TEACHING

The modules within the Bachelor of Science (BSc) lend themselves perfectly for aspiring teachers, as learners will develop an understanding of the physiological and psychological aspect of the human body, whilst delving into issues within society and carrying out research projects in your area of study. If this Graduate pathway is selected, then all students will obtain Level 4 & Level 5 Teaching qualifications, allowing them direct access to teaching in HE settings.



PERSONAL TRAINING / STRENGTH CONDITIONING

As part of studying a Bachelor of Science (BSc) undergraduate degree, our learners will develop an understanding of key fitness training methods required to develop the components of fitness. If this Graduate pathway is chosen, then these students will obtain Level 2 & Level 3 status, allowing them direct access to employment or self-employment.

FOOTBALL COACHING

As part of the The Open Sport University Programme our learners are provided with opportunities to gain qualifications with the associated National Governing Body, with the cost subsidised by us. In addition to gaining coaching qualifications our learners are provided work experience placements at differing clubs.



TYPICAL ENTRY REQUIREMENTS

A typical offer would be CCC at A Level or DMM at BTEC.

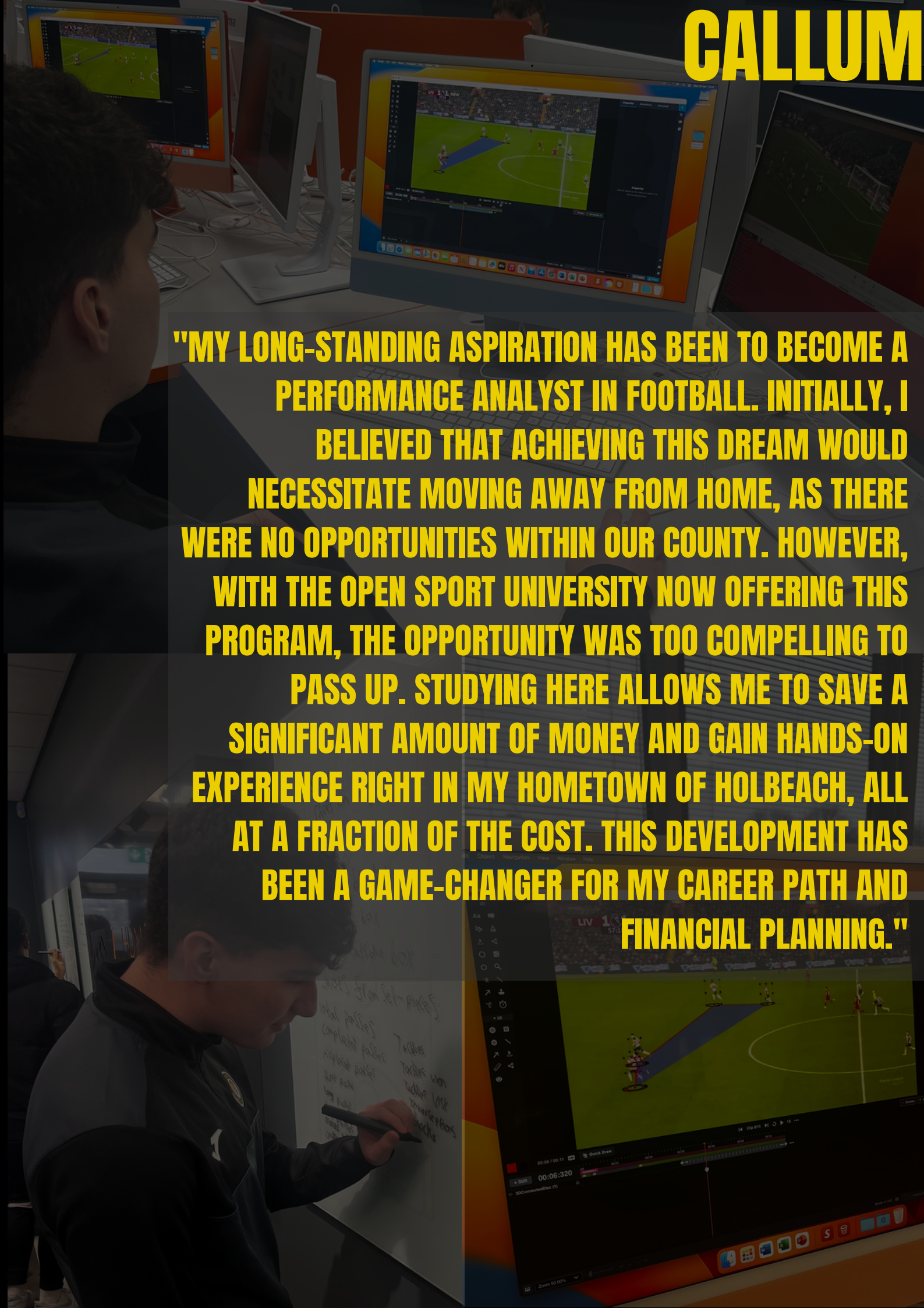
In addition, you will need to have studied physical education, sports science or science related subject at A Level, BTEC level 3 diploma or equivalent qualification.

KEY FACTS

Level:	Undergraduate
Duration:	3 Years
Starting:	September 2024
Fees UK 24/25:	£8250

CALLUM

"MY LONG-STANDING ASPIRATION HAS BEEN TO BECOME A PERFORMANCE ANALYST IN FOOTBALL. INITIALLY, I BELIEVED THAT ACHIEVING THIS DREAM WOULD NECESSITATE MOVING AWAY FROM HOME, AS THERE WERE NO OPPORTUNITIES WITHIN OUR COUNTY. HOWEVER, WITH THE OPEN SPORT UNIVERSITY NOW OFFERING THIS PROGRAM, THE OPPORTUNITY WAS TOO COMPELLING TO PASS UP. STUDYING HERE ALLOWS ME TO SAVE A SIGNIFICANT AMOUNT OF MONEY AND GAIN HANDS-ON EXPERIENCE RIGHT IN MY HOMETOWN OF HOLBEACH, ALL AT A FRACTION OF THE COST. THIS DEVELOPMENT HAS BEEN A GAME-CHANGER FOR MY CAREER PATH AND FINANCIAL PLANNING."



YEAR 1



SPORT COACHING BSc (HONS)

Sport Pedagogy for Coaching (20 credits)

Module code SPO1011

Status: Compulsory

The purpose of this module is for the learner to be introduced to the concept of pedagogy in the teaching and learning of sport. Developing an understanding of the coaching process, and models for/of coaching, from a cross-disciplinary and athlete-centred perspective, is central to the delivery of the module. Learners will be predominantly engaged in practical, small-group and blended learning delivery methods.

Introduction to Sport and Exercise Psychology (20 Credits)

Module code 5P01024

Status: Compulsory

Sport and exercise psychology is an exciting discipline area providing the opportunity to explore the psychological influences on human behaviour. The module offers an introduction to key psychological theories and concepts relevant to sport, exercise, physical activity and coaching contexts.

The Social Context of Sport and Exercise Science (20 Credits)

Module code SPO1038

Status: Compulsory

The purpose of this module is to introduce students to the various ways in which sport and exercise are shaped by the social contexts in which they occur. It offers a broad introduction to sociological investigation by outlining some key contemporary social issues in sport, exercise and physical activity. Thus providing a foundation for the further study of socio-cultural issues connected to sport, exercise and physical activity.

YEAR 1



SPORT COACHING BSc (HONS)

How to be Successful at University (20 Credits)

Module code SPO1039

Status: Compulsory

The purpose of this module is to give students the essential academic and employability skills in order to improve their capabilities and excel at university, and then onto their chosen career.

Sport Coaching Behaviour (20 credits)

Module code SPO1041

Status: Compulsory

The purpose of this module is to develop knowledge and understanding of the role of the coach in a range of sporting contexts. During the module, learners have exposure to, and gain experience from, coaching delivery across a range of team and individual sports. In addition, learners will be encouraged to learn from coach education resources, materials, and individuals associated with different National Governing Bodies and key coaching agencies. *

Sport Coaching Science (20 credits)

Module code SPO1042

Status: Compulsory

This module introduces the learner to the multi-disciplinary nature of sports coaching. It intends to offer a general insight into the areas of; performance analysis, movement analysis, strength and conditioning concepts, sports physiology, anatomy and sports injury. The module will provide a greater understanding of core subject disciplines thereby enabling sports coaches to develop a holistic approach to coaching athletes.



JOSH



"I AM ENROLLING IN THE OPEN SPORT UNIVERSITY DUE TO ITS UNPARALLELED FLEXIBILITY. THE PROGRAM OFFERS A WEEKLY CHOICE OF ENGAGING ENTIRELY REMOTELY, BEING FULLY ON-CAMPUS, OR ANY BLEND OF THE TWO. THIS ADAPTABILITY IS IDEAL FOR MY ASPIRATIONS, AS IT ALLOWS ME TO SEAMLESSLY INTEGRATE MY COACHING PATHWAY WHILE MAINTAINING A BALANCE BETWEEN TRAINING, PLAYING, AND MANAGING A PART-TIME JOB. I EAGERLY ANTICIPATE THE UNIQUE OPPORTUNITIES THIS WILL PRESENT FOR MY PERSONAL AND PROFESSIONAL DEVELOPMENT."

YEAR 2



SPORT COACHING BSc (HONS)

Sport Research Methods (20 Credits)

Module code SPO2018.

Status: Compulsory.

The purpose of this module is to develop knowledge and understanding of a variety of research designs, methods and research skills within a subject-based context. It equips the student with a framework in which to conceptualise quantitative and qualitative traditions and applications. The emphasis will be upon understanding and experiencing the research process and developing critical skills necessary to collect, analyse and present data.

Positive Psychology Coaching (20 credits)

Module code SPO2036.

Status: Compulsory.

The purpose of this module is to develop students knowledge and understanding of how exciting concepts in positive psychology (e.g. character strengths, flow, positive relationships) can be applied to sport, exercise, coaching and physical education contexts to influence key outcomes (e.g. performance, wellbeing).

Applied Practice and Business Skills (20 Credits)

Module code SPO2056

Status: Compulsory.

This module will enable students to gain experience working within a sport coaching environment and make an effective contribution to a sport coaching programme and/or organisation. This module will also help prepare students to develop business skills and insights as well as investigating sport organisational structure and funding application procedures.

YEAR 2



SPORT COACHING BSc (HONS)

Sport Leadership and Team Dynamics (20 credits)

Module code SPO2052.

Status: Compulsory.

This module explores the knowledge and skills needed by sport leaders to shape a group into an effective and winning team. Students will examine the critical factors underpinning effective leadership, group dynamics and team cohesion in sport. The module will provide a fascinating examination of key psychological and organizational concepts and draw from evidence-based interventions to uncover how to lead sport teams to peak performance

Performance Analysis Coaching (20 credits)

Module code SP02046

Status: Compulsory.

Performance analysis is an integral part of the coaching process, it provides athletes and coaches with objective information to help them better understand performance. This module aims to provide the sports coaches with strategies that can be used to analyse and quantify sports performance in a valid and consistent manner to help inform training and performance-related decisions. Students will develop the skills and knowledge required to conduct objective analysis of sports performance through the collection, analysis and interpretation of real-time data.

YEAR 2



SPORT COACHING BSc (HONS)

The Developing Athlete (20 credits) 10

Module code SP02048

Status: Compulsory

The purpose of this module is to examine the developmental changes in children and adolescents from a multidisciplinary perspective in a sporting context. Participation in sport and structured physical activity sessions may begin as early as three years of age and continue well into adulthood. It is imperative, therefore, that sport professionals understand the biological, social, and psychological changes affecting an athlete's developmental journey. Students will critically consider the key developmental factors, contemporary research, and the implications for the professional practice of coaches working in child and youth sport.

Applied Sport Psychology (20 Credits)

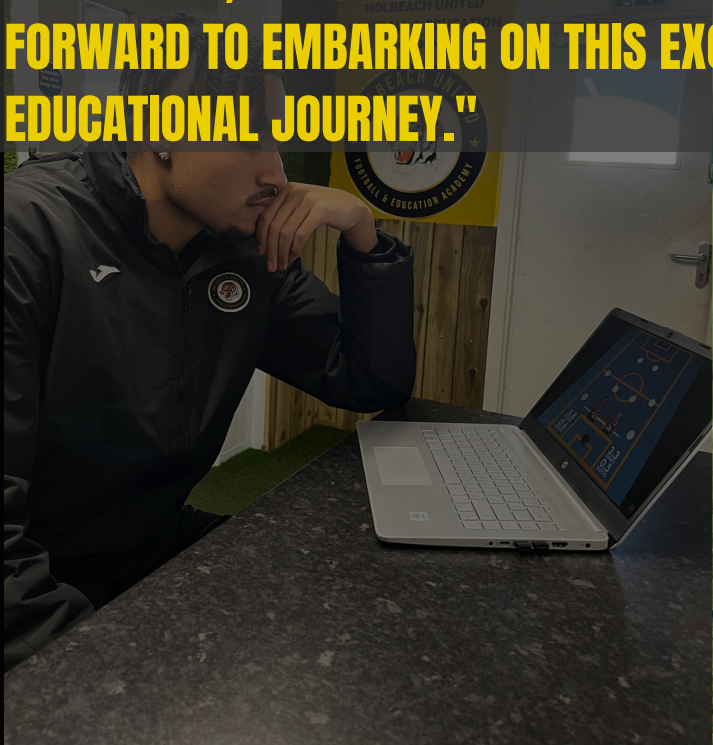
Module code SPO3007.

Status: Compulsory

The purpose of this module is to build on knowledge and understanding of sport psychology from previous modules at levels four and five. There will be a focus on the role of the sport psychologist and an application of psychological skills theory in relation to enhancing sport performance and well-being.

ALEX

"THE OPEN SPORT UNIVERSITY OFFERS AN EXCEPTIONAL OPPORTUNITY FOR ME TO ACQUIRE A DEGREE IN SPORTS, WHILE SIMULTANEOUSLY PURSUING MY AMBITION OF COMPETING IN THE NATIONAL LEAGUE, ALL FROM THE COMFORT OF MY OWN HOME. THIS ARRANGEMENT SIGNIFICANTLY REDUCES THE FINANCIAL BURDEN OFTEN ASSOCIATED WITH STUDENT LOANS, COMPARED TO OTHER ALTERNATIVES. THE AVAILABILITY OF SUCH A COMPREHENSIVE UNIVERSITY PROGRAM RIGHT AT ONE'S DOORSTEP IS A RARITY, AND I AM EAGERLY LOOKING FORWARD TO EMBARKING ON THIS EXCITING EDUCATIONAL JOURNEY."



YEAR 3



SPORT COACHING BSc (HONS)

Applied Practice in Sport (20 credits),

Module code SPO3042

Status: Compulsory

The purpose of this module is to build on knowledge and understanding from the experiences gained at level 5. Students will put into practice the skills and knowledge they have acquired in real life work based environments and reflect upon their development and readiness to meet the demands of their specific areas of sport and exercise employment.

Dissertation (40 Credits)

Module code SPO4001.

Status: Compulsory

The dissertation provides an opportunity for sport students to apply knowledge, concepts, and research techniques to a question or problem in sport, exercise, or physical activity. The dissertation builds and expands on students' prior knowledge of research acquired at levels four and five. It aims to foster the development of expertise in methodology and skills in the planning, conducting, and writing up of research reports. This form of independent, experiential learning will require students to ask logical questions to diagnose and define problems, generate and implement solutions and evaluate the effectiveness of their action-outcomes. It therefore develops in the students the ability to work independently, and to reflect on the subject-specific research process.

Students who do not complete the Honours Degree will be eligible for an Ordinary Degree in the named subject upon successful completion of a minimum of 60 Level 6 credits. These can be from any Level 6 modules.

YEAR 3



SPORT COACHING BSc (HONS)

Creating Performance Coaching Environments (20 credits)

Module code SPO3044

Status: Compulsory

The purpose of this module is to develop a critical understanding of the role of the coach and the knowledge needed in the design and maintenance of optimal performance coaching environments, and the effective working practices of sport coaches in performance settings. Special emphasis will be placed on analysing, and challenging, contemporary research exploring the efficacy of coaches working practices in the context of developing talent across a range of performance sport settings.

Coaching Professional Development and Education (20 credits)

Module code SPO3065

Status: Compulsory

The purpose of this module is to examine the importance of professional development within sports coaching and to understand the bodies and organisations vital to this process. Coach education, mentoring systems and professional bodies are to be evaluated and placed within theoretical context.

OUR FACILITIES



APPLY NOW



BSC (HONS) SPORTS COACHING

Powered by **UCS**