

BSC (HONS) SPORT CONDITIONING AND PERFORMANCE ANALYSIS (WITH INTEGRATED FOUNDATION YEAR)

Institute of Health

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| Academic Level: | 6 | Credits: | 480 |
| UCAS Code: | C114 | | |
| Awarding Body: | University of Cumbria | | |
| Delivery Site: | Lancaster | | |
| Programme Length: | Standard registration period (full time) - 4 years Maximum registration period - 8 years | | |
| Mode of Delivery: | Face to Face | | |
| Pattern of Delivery: | Full time | | |
| | Total weeks of study: | 24 weeks | |
| | Delivery pattern: | 2 x 12 week semesters | |
| | Standard semester dates: | Yes | |
| Placement: | 100 hours | | |
| PSRB: | Not applicable | | |
| Programme Webpage: | https://www.cumbria.ac.uk/study/courses/undergraduate/sport-conditioning-and-performance-analysis-with-integrated-foundation-year/ | | |

Entry Criteria

The University's standard criteria for admissions apply. Please refer to the [Applicant Information](#) pages of the University website for more information. For [APL](#), please refer to the University website.

Detailed criteria for admission to this programme can be found on the programme webpage <https://www.cumbria.ac.uk/study/courses/undergraduate/sport-conditioning-and-performance-analysis-with-integrated-foundation-year/>

PROGRAMME AIMS AND OUTCOMES

Programme Aims

By the end of this programme you will be able to:

1. To provide a supportive transitional route into higher education equipping students with the skills essential for successful participation in academic study
2. Demonstrate a knowledge and critical understanding of multidisciplinary and interdisciplinary theory and practice in the context of Sport Conditioning and Performance Analysis and its applications in athlete performance and development.
3. Undertake competent methods of scientific enquiry, critical interpretation, analysis and evaluation of data and be able to use appropriate technologies and techniques specific to Sport Conditioning and Performance Analysis to provide evidence-based practice.
4. Critically reflect as an independent practitioner, appraise professional practice regarding learned theory and show commitment to continuing professional development and lifelong learning.
5. Demonstrate graduate qualities and transferable skills that reflect current workforce requirements necessary for success in the workplace, working collaboratively with other sport-related professionals.
6. Demonstrate competence in research methods including appropriate designs, methodical data collection, producing independent intellectual work that provides evidence of critical analysis, evaluation, synthesis and interpretation of data collected.

Programme Outcomes – Knowledge and Understanding

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

After 120 credits of study (FdCert) you will be able to demonstrate:

FK1. Multi-disciplinary knowledge and understanding, such as pedagogy, sociology, philosophy, psychology, biomechanics and physiology that underpin sport conditioning and performance analysis.

FK2. Knowledge and understanding of a range of approaches to discipline research and the rudiments of designing, collecting and analysing different types of data.

FK3. Knowledge and understanding of organisations, policies and structures responsible for the delivery and development of sport conditioning and performance analysis in the United Kingdom and the social, economic, political and cultural impacts.

After 240 credits of study (CertHE) you will be able to demonstrate:

K1. Multi-disciplinary knowledge and understanding of coaching pedagogy, psychology, biomechanical anatomical and physiological systems that underpin human movement and function.

K2. Knowledge and understanding of the planning, capture and evaluation of sporting performance, appropriate exercise techniques for developing the basic components of fitness, designed to improve sporting performance.

K3. Knowledge and understanding of approaches and methodologies to locate, review and evaluate research findings and the rudiments of designing, collecting and analysing different types of data.

After 360 credits of study (DipHE) you will be able to demonstrate:

K4. Apply a detailed knowledge and understanding of appropriate evidence-based Laboratory and field-based tests, practical and notational analysis techniques that produce meaningful and actionable data in the assessment of sporting movement, technical and tactical play, athletic performance, and the physical condition of a range of athletes, for use by coaches and athletes.

K5. Detailed knowledge and understanding of the human responses to sport and exercise and the physiological parameters and attributes required for a range of athletes. Construct, deliver and evaluate training plans aimed at meeting athlete needs, reducing injury risk, maximising potential for successful sporting performance.

K6. Detailed knowledge and understanding of a range of research methodologies and data sources used in the design and collection of different types of data. Critically synthesise, interpret, analyse and evaluate evidence in the context of sport conditioning and performance analysis, applying skills in solving problems.

K7. Critical understanding and awareness of the nature of coach behaviour, athlete behaviour, leadership, and relationships in sport.

After 420 credits of study (BSc) you will be able to demonstrate:

K8. A critical evaluation of testing procedures and design programmes that incorporate numerous strategies for improving performance based on the athletic profile identified through data collection.

K9. Apply interdisciplinary knowledge to the analysis of performance utilising a range of data collection methods and examine measurement issues in performance analysis

After 480 credits of study (BSc Hons) you will be able to demonstrate:

K10. Apply the multidisciplinary and interdisciplinary theory of sport conditioning and performance analysis to practice in a sport-specific working environment

K11. In depth specialist knowledge to design, execute and communicate a sustained piece of independent study, which provides evidence of critical engagement with, and interpretation of, appropriate data.

Programme Outcomes – Skills and other Attributes

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

After 120 credits of study (FdCert) you will be able to demonstrate:

FS1. Academic, personal and professional skills needed to succeed in higher education

FS2. Effective problem-based learning (PBL) skills for working with people in a range of sport contexts.

FS3. Demonstrate specific skills, techniques and competencies needed to study and work in Sport Conditioning and Performance Analysis

After 240 credits of study (CertHE) you will be able to demonstrate:

S1. Competence in a range of academic and professional skills including report writing, communication, presentation of research findings, IT, literacy, numeracy, reflection, active listening and time management and organisational skills including methodical planning to meet deadlines and in the delivery of practical activities

S2. Practical skill competency in the use of a variety of tools and equipment to conduct basic exercise tests to assess physical fitness and function and to assess sporting movement and performance. Recommend basic exercise prescription to individuals and groups to improve physical fitness and function

S3. An understanding of risk assessments, and health and safety issues associated with the conducting of performance tests and exercise prescription for athletes.

S4. The use of a mixed method approach to data collection and analysis techniques.

After 240 credits of study (DipHE) you will be able to demonstrate:

S5. Increased competence in a range of academic and professional skills including report writing, communication, presentation of research findings, IT, literacy, numeracy, reflection, active listening, problem solving skills.

S6. How to generate and test a hypothesis and/or research question, design, conduct and participate in research involving a range of data collection methods and critically analyse data using appropriate quantitative and qualitative techniques.

S7. The construction, delivery and evaluation of exercise training programmes that effectively and efficiently meet the performance needs of a range of athletes.

S8. Competence in planning, designing and executing practical techniques for the assessment of sporting movement, technical and tactical play using specialist equipment and industry standard performance analysis software

After 300 credits of study (BSc) you will be able to demonstrate:

S9. The application of a range of safe and effective performance assessments and exercise prescription to enhance the sport performance of a range of athletes in different contexts using sophisticated tools, techniques and advanced problem scenarios.

S10. Planning, design and execution of laboratory and field-based tests and exercise techniques to assess physical fitness, function and athletic performance for a range of athletes whilst demonstrating practical skill competency.

After 360 credits of study (BSc Hons) you will be able to demonstrate:

S11. Practice as an autonomous professional, exercising their own professional judgement within their scope of practice and limits of competence.

S12. Critical reflection of practice and performance in different context to identify goals and formulate a plan for their personal and professional continuing development and lifelong learning.

S13. Increasingly sophisticated higher level effective academic, personal, professional graduate skills, communication, IT, literacy, numeracy, reflection, active listening, decision making, problem solving and critical thinking. Emotional intelligence, leadership, confidence, inter-professional and team working, ability to build relationships, negotiating skills, effectively provide feedback, disseminating and clearly presenting data and information.

S14. 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.

PROGRAMME FEATURES

Programme Overview

Introduction

This programme is perfect for those with a passion for sport who wish to work in a sport performance environment. It combines academic knowledge with practical skills to teach you about the various aspects of Sport Conditioning and Performance Analysis and its application in enhancing athlete performance at all levels of sport from grassroots to elite athletes. As standards to achieve and maintain success in elite sports are raised so is the pressure on clubs, coaches and athletes to develop more efficient training structures, and enhance athlete development processes that determine success. This programme will equip you with the skills, and multi-disciplinary knowledge you need, teaching you how to conduct performance assessments and analyse an athlete's fitness and technical performance as well as analysing the tactical play before making recommendations to improve performance. You will develop a range of personal and professional skills preparing you to work with athletes, coaches, managers, physio's/sport rehabilitators and sport science backroom staff. You will gain valuable vocational experience through working with clubs and athletes during modules and on placement. Upon completion you will be prepared to work in a performance environment, and pursue careers in performance sport, strength and conditioning, performance analysis, coaching, performance development, talent identification, and sport science support.

What will be studied each year

Integrated Foundation Year (L3)

The integrated foundation year (Year 0) provides the opportunity for you to settle into University life and gain the confidence and skills to succeed in your chosen sport degree through participating in a supportive academic, personal and professional development programme.

The Level 3 modules provide a good grounding for you to develop your academic and study skills to progress onto higher levels of study (Levels 4-6). This route offers a unique opportunity for developing your problem-solving skills, intellectual, scientific, practical and investigative skills that underpin the inter-disciplinary approach to the study of Sport whilst providing you with a grounding in essential university skills and nurturing your career aspirations. On the Sport foundation year, you will study six modules that explore the theoretical concepts that underpin the study sport conditioning and performance analysis. Sport in Action will introduce the key scientific disciplines that underpin the study of sport alongside developing your awareness of the specific issues relating to coaches, those working in supporting and developing athlete performance and working with a broad range of population groups. Through other modules you will gain a knowledge and

understanding of the contemporary issues in sport and an appreciation of the challenges experienced by sport professionals and organisations. You will join with other foundation year students, from a range of disciplines, for some of your modules. Cross-cultural awareness and engagement is encouraged through the module Contemporary Issues and the Media in which you will be investigating key contemporary issues relating to your subject area through the lens of the media and analysing the role and influence the media has on societies appreciation of these issues. Individual Case Study that also develops your problem-based learning skills and creates a rich platform for the interchange of ideas. Leading and managing individuals and organisations will provide you with a deeper appreciation of organisational structures and the psychology of working with athletes and children and leading others.

Throughout the integrated foundation year you will have the opportunity to develop your professional skills by developing key soft skills such as communication, team working, self-management and organisation. During the generic university wide modules, 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 be accompanied by working 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.

Level 4-6

At Level 4 you will be introduced to how the underpinning disciplines of Sport Physiology, Biomechanics, Sport Psychology are applied to the two main focuses of the programme, sport conditioning, and performance analysis. You will be introduced to undertaking physical and psychological tests and assessments to evaluate athlete performance and learn how the data gathered is used to develop performance through exercise prescription and sport specific conditioning training. This knowledge will be developed through modules that look at the principles of human movement and function, sport psychology, exercise techniques and training and the coaches practitioner toolkit. At Level 5, strength and conditioning and field-based conditioning, focusses on the preparation of the athlete for general and sport specific fitness and sport specific skills required for optimal performance. This is then applied in specific contexts at level 6 through the sport performance testing and prescription, applied conditioning and performance analysis modules and a practitioner Placement experience. Furthermore, you will develop knowledge and understanding of the effectiveness of technical and tactical performance, normative profiling, and analysis of opponent strengths and weaknesses using movement and notational analysis. Performance analysis is introduced at Level 4 and is further developed at Level 5 through applied movement and notational analysis which provide opportunities for working with teams and athletes. You will also learn how to analyse the performance of coaches, their behaviour and

feedback processes in exploring leadership and relationships in sport. This is also then applied through specific sporting contexts at Level 6.

Research Methods will be present at Level 4, 5 and 6 (Personal and Professional Development, Investigative techniques and Independent Investigative Project) The Independent Investigative Project at Level 6 will allow further specialisation in a subject area of choice. This helps build research skills and may help progression to further postgraduate study.

Key features of the programme

This programme provides many opportunities for you to use the knowledge and skills learnt whilst working with athletes in a range of different contexts. This will include working with university teams, grass roots clubs and teams from within the local community to academy, regional and county level athletes and players to elite performers and teams by your final year of study. You will be assessed whilst working with these groups which makes the assessment more authentic.

You will create a portfolio of evidence of your knowledge and practice gained through modules, voluntary work and placements to get Level 1 accreditation with the International Society of Performance Analysis of Sport (ISPAS) on graduation. Accreditation is for those with relevant extensive experience of performance analysis support with sports teams and individuals.

You will take modules shared with both the Sport Coaching and Physical Education and Sport Rehabilitation programmes which will provide learning opportunities to develop interprofessional working skills and different perspectives to the topics being covered. This is an essential skill and important for future employment in the field.

You will work with male and female athletes of various ages throughout your studies. The programme has partnerships with amateur and professional level clubs from many sports located in the Lancashire and South Cumbria region, including football, rugby, athletics, hockey, cycling, golf, dance, and gymnastics. Our links to outdoor performance sports will provide opportunities for you to experience working with performers from a range of outdoor and adventurous activities in the United Nations Educational, Scientific and Cultural Organisation (UNESCO) World Heritage status Lake District National Park.

Specialist equipment available to students

A bespoke performance analysis suite with access to Hudl Sportscode will allow you to develop your notational analysis skills and gain Hudl Certification which is an industry recognised qualification in notational analysis. A dedicated sports conditioning area and a human performance lab, both containing industry standard equipment, along with the sports facilities will provide an enhanced learning environment.

Work placements

You will undertake a 100-hour placement at Level 6 that provides you with the opportunity to apply the theory and practitioner skills developed on your degree to practice in a real work environment. Preparation for the placement starts at the end of Level 5 to provide flexibility in when and where the placement takes place allowing you to align your placement with future career aspirations. Placements will be negotiated between you, the module leader and the placement provider to ensure you gain the experience and opportunities you need to meet your aims and objectives for the placement. You will be mentored by a workplace colleague and be assigned an academic mentor as well as receiving the support and guidance of the module leader. You will be encouraged to source your own placement, providing you with the experience and skills required for applying for jobs in the future. It also provides you with the opportunity to source a placement where, when and with whom you want. However, placements will be available through partner providers, although there may be less flexibility in when and where these are undertaken. Where possible, placements are sourced in local settings within commute using public transport. However, this may not always be possible, opportunities may arise further away and could incur travel and accommodation costs.

Previous placements have taken place in a diverse range of organisations which have included:

- Professional Sports Clubs
- National Governing Bodies of Sport
- International Sports Camps
- Gyms and Leisure Centres
- Outdoor Adventure Sports and Uniform Services

An Applied Learning Experience

Your employability and vocational skills are developed throughout your degree through a blend of education, research-based learning and applied experience in a sport performance and exercise context. Modules will deliver high quality profession-specific training, which develops knowledge and understanding of contextual, complex and dynamic situations. The emphasis on experiential learning through its applied and vocational nature will enable you to study a range of academic disciplines, delivered with an applied focus on the complex reality which is performance analysis and sport specific conditioning.

Programme delivery has a strong emphasis on the skills and practices involved in performance analysis and sport specific conditioning, alongside an understanding of vocational practice in these contexts. As most of the work is practitioner based-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.

The employability and personal enhancement core skills developed which are required for working within a performance analysis and sport conditioning environment includes:

- The development of more advanced problem solving, critical thinking, analytical and evaluative skills, emotional intelligence, leadership, confidence, inter-professional working, ability to build relationships, and lifelong learning will feature strongly throughout many of the modules at each level of the programme
- Highly developed communication skills to provide feedback and work with coaches providing carefully disseminated and clearly presented data and information
- Sporting and technical expertise
- Performance analysis techniques, Video editing and analysis, Coding templates, Reliability testing, Data collection, manipulation and analysis
- Competent use of equipment and technology for the conducting of Physiological, Psychological and Movement Analysis tests and assessments for collection of data and information on athlete performance
- Make use of computer-based technologies to reinforce practical skills developed in class

You will have 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 performance analysis and sport specific conditioning. 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, developing a portfolio of evidence of knowledge and practice for ISPAS accreditation on graduation.

Learning and Teaching

The University of Cumbria Learning Teaching and Assessment strategy has been used in the development of this programme.

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.

We want to motivate you in your foundation year studies through a variety of teaching and learning approaches that support different learners' needs and help to integrate you into university life.

The foundation year modules utilise a full range of UoC digital resources and learning technology where suitable; for example, through the University's virtual learning environment (Blackboard). Vocational practice opportunities form an essential part of the programme and encourages you to make meaningful links between the underpinning theoretical concepts within the subject area.

During the integrated foundation year, you will be taught with students on a range of Sport programmes and students from other departments, allowing for a richer learning experience, you will be working in groups and teams to achieve solutions to set problems, researching case studies and delivering events. Each module is led by a module leader which is the lead tutor with overarching responsibility for that module. However, one of the strengths of this programme is our team-taught approach to delivery, you will be taught on a module by more than one tutor. This ensures you are taught topics by subject specialists, experience the different delivery styles you will encounter as you progress through your programme and on modules that you share with other programmes ensures you will meet staff from your degree programme.

As you progress through your degree, you will develop your academic skills and become progressively more independent in your learning. Key knowledge, understanding and transferable and subject specific skills will be practised and developed through a wide range of teaching and learning methods including:

- Lectures, seminars, workshops
- Practical demonstrations/observational learning, laboratory-based practical work, practical teaching/coaching sessions, vocational placement
- Case studies, discussion, debates, small group work, seminar presentations, reflection, problem-based learning
- Independent study and research projects.

The proportion of the methods used varies with the focus of each module. Each module will facilitate the further development of literacy, numeracy and IT skills, as well as the development of other key lifelong learning skills. Together with your tutor you will monitor and evaluate this development via personal academic tutor meetings and the use of formative assessment methods.

Most of the theoretical work is linked to practice, thus giving students the chance to apply this theory during practical sessions in the Human Performance Laboratory, Performance Analysis Suite or on the Pitch. Practical and analytical skills will be developed which can be used to apply to more complex problems and situations at Level 6. Technology-enhanced learning will further support the practical learning with a range of software systems and online resources.

Through studying on modules shared with other programmes within the sport portfolio, you will gain an inter professional perspective an appreciation of how topics covered, and knowledge and skills learnt are applied by Sport Coaches and Sport Rehabilitation students. This experienced will then be applied in the vocational elements of your programme preparing you for inter-professional working in industry as a practitioner.

A variety of teaching and learning methods are used throughout the programme. These are designed to match the learning outcomes and to provide you with some experience of methods best suited to your own learning style, supporting the move to an independent and mature learner. All these features are key in reducing attrition and increasing student 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 linkage of theory with practice
- To be fair, objective and impart academic rigour to the teaching and learning processes
- Develop you as independent and self-directed
- Develop your ability to learn effectively and progress academically
- Achieve the programme aims and outcomes through a variety of assessments that are relevant to real world practice.

Modules will be delivered with a mixture of formal contact time, directed and blended learning and independent learning.

At Level 3 and 4 you typically have around 12 contact hours per week, 4 hours per module, typically consisting of:

- 6 hours of lectures
- 6 hours of practical activities/workshops
- 13 hours of guided independent study
- 2 hours of personal tutoring are available across the academic year in 2-4 scheduled meetings

At Level 5 and 6 you will typically have around 9 contact hours per week, 3 hours per module typically consisting of:

- 3 hours of lectures
- 6 hours of practical activities/workshops
- 14 hours of guided independent study

- 1 hour of personal tutoring are available across the academic year in 2-3 scheduled meetings

At Level 6, it should be noted that there are fewer contact hours scheduled for the Independent Investigative Project and Practitioner Placement modules. Throughout your studies module specific tutorials will be provided during the module and students are able to book additional support tutorials as needed.

Independent Learning

When not attending scheduled learning activities you will be expected to continue learning independently through self-study. This will include pre-reading and preparation for sessions and extended reading to build on the content covered in lectures utilising reference and directed reading provided by tutors. This time will also be spent in the preparation of formative and summative assessments. You will be encouraged to block out independent study time throughout the week in addition to the timetabled classes.

Teaching Staff

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, subject-specific qualifications at a higher level and conduct research pertinent to their subject expertise and professional practice. Staff have experience in coaching a variety of sports to a high level and working within the sports industry bringing professional real-world experience of working with sport performers, coaches, backroom staff and sport governing bodies and organisations.

Assessment

Modules use formative and summative assessment so that you can progress through a module in a structured and constructive way and build knowledge for practice in a coherent and logical way.

Formative Assessment

Formative tasks and assessments will feature in all modules and provide you with further learning opportunities, alongside skill development, designed so that feedback on your performance can be provided prior to the submission of the final, summative assessment – though this does not contribute to the final module mark, or the credit awarded.

For example, non-graded presentation skills, delivery and reflection. draft essay plans, practice for practical skills assessments. The formative tasks and assessments will enable you to:

- a) Develop preparatory knowledge to support the production of summative assessment;
- b) Produce and refine work leading into the summative assessment;
- c) Utilise reflection and feedback for areas of weakness in preparation for summative assessment;
- d) Measure, develop and practice skills in relation to employability skills and subject specific concepts.

Summative Assessment

A varied diet of assessment methods will be utilised to prepare you for further academic study and professional practice, reflecting 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:

Year 0

Written essays, reports, presentations, set exercises such as producing a DVD News Report, and portfolios.

Year 1 - 3

Written assessments such as essays, reports, and projects, exams, reflective learning, presentations, practical skills assessments, practical skills competencies, data analysis and interpretation, portfolios and research project

*Portfolios may be comprised of several 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, 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.

Feedback

Throughout your modules you will be provided with ongoing feedback, this may be on work undertaken in class, formative tasks and summative assessments and takes the form of feedforward and feedback. The purpose of these is to inform you as to your progress, what you are doing well and how you may improve moving forwards should you encounter that again, Feedback is provided in the form of verbal face to face feedback, audio recorded and written feedback. Following the submission of summative assessments you will receive your feedback and provisional marks within 20 working days.

Graduate Prospects

By studying the BSc (Hons) Sport Conditioning and Performance Analysis 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 that you can use to gain work during and after your study.

The multidisciplinary nature of this programme provides career opportunities throughout the sport sector. Alumni have forged careers as Performance Analysts with sector opportunities available also as a Football Data Visualisation Analyst, Video analyst, Opposition analyst, Tactical analyst. Other alumni 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), as well as Strength and Conditioning and Athletic Development Coaches. Career opportunities are available as a Sport Performance Coordinator and Performance Development Management. Graduates have also secured positions within Sport Science Support for Professional Clubs, Governing Bodies and Institutes of Sport. Transferable skills and knowledge developed whilst on the programme offer opportunity to work within the fitness industry, self-employment as a personal trainer, and within Talent ID and Scouting, the Uniform Services and as a Sport Journalism/Media.

Graduates progressing from the programme can progress to study for a PGCE if they wish to pursue a career in education or for an MSc in Performance Analysis, Strength and Conditioning, Coaching or Sport and Exercise Science. Graduates can also progress to undertake a PhD and have embarked on careers within Further and Higher Education.

MODULES

| Year 0 | | | |
|---|--|----------------|---------------|
| Code | Title | Credits | Status |
| UNIF3003 | Essential University Skills 1 | 20 | Compulsory |
| UNIF3010 | Contemporary Issues and the Media | 20 | Compulsory |
| UNIF3006 | Sport in Action | 20 | Compulsory |
| UNIF3004 | Essential University Skills 2 | 20 | Compulsory |
| UNIF3008 | Leading and Managing Individuals and Organisations | 20 | Compulsory |
| UNIF3009 | Individual Case Study | 20 | Compulsory |
| Students exiting at this point with 120 credits would receive a FdCert Sport | | | |

| Year 1 | | | |
|---|---|----------------|---------------|
| Code | Title | Credits | Status |
| SPAG4000 | Personal and Professional Development | 20 | Compulsory |
| SPAG4004 | Principles of Human Movement and Function | 20 | Compulsory |
| SPAG4014 | Exercise Techniques and Training | 20 | Compulsory |
| SPAG4006 | Developing the Practitioner Toolkit | 20 | Compulsory |
| SPAG4012 | Introduction to Sport Psychology | 20 | Compulsory |
| SPAG4013 | Introduction to Performance Analysis | 20 | Compulsory |
| Students exiting at this point with 240 credits would receive a CertHE Sport Conditioning and Performance Analysis (with Integrated Foundation Year) | | | |

| Year 2 | | | |
|--|---|----------------|---------------|
| Code | Title | Credits | Status |
| SPAG5000 | Investigative Techniques | 20 | Compulsory |
| SPAG5018 | Strength and Conditioning for Performance | 20 | Compulsory |
| SPAG5013 | Leadership and Relationships in Sport | 20 | Compulsory |
| SPAG5015 | Field Based Conditioning for Sport | 20 | Compulsory |
| SPAG5016 | Applied Movement Analysis | 20 | Compulsory |
| SPAG5017 | Applied Notational Analysis | 20 | Compulsory |
| Students exiting at this point with 360 credits would receive a DipHE Sport Conditioning and Performance Analysis (with Integrated Foundation Year) | | | |

| Year 3 | | | |
|--|---|----------------|---------------|
| Code | Title | Credits | Status |
| SPAG6019 | Sport Performance Testing and Prescription | 20 | Compulsory |
| SPAG6020 | Applied Conditioning and Performance Analysis | 40 | Compulsory |
| Students exiting at this point with 420 credits would receive an Ordinary BSc Sport Conditioning and Performance Analysis (with Integrated Foundation Year) | | | |
| SPAG6021 | Practitioner Placement | 20 | Compulsory |
| SPAG6000 | Independent Investigative Project | 40 | Compulsory |
| Students exiting at this point with 480 credits would receive a BSc (Hons) Sport Conditioning and Performance Analysis (with Integrated Foundation Year) | | | |

Key to Module Statuses

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| Compulsory modules | Must be taken although it may be possible to 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). |
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Timetables

Timetables are normally available prior to the start of the academic year in August. Please note that while we make every effort to ensure timetables are as student-friendly as possible, scheduled learning can take place on any day of the week.

This programme may also be made available on an infill part-time basis at the discretion of the academic programme leader. In such cases, you will study modules alongside the full-time cohort(s) that are running at the time.

ADDITIONAL INFORMATION

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

As a student at the University of Cumbria, you will have access to a University of Cumbria on-line provision, currently known as 'Head Start'. This feature provides guidance and exercises for you to enable you to prepare for academic study. Furthermore, you will have access to staff details to ask any questions in advance of commencing the programme.

An undergraduate induction is timetabled for the week before the programme delivery starts and will be your first week on the programme. All foundation year students will share a common induction programme to provide the opportunity for you to meet with other students in your subject area and those from other level 3 foundation programmes who share common university-wide modules. You will undertake a series of activities designed to form cohesion amongst your peer group, to familiarise you with the University and introduce you to a range of support services who are there to help you settle into university life and help you progress through your studies. You will be shown how to use our Virtual Learning Environment (VLE) which is called 'Blackboard' and how to submit assessments using 'Turn it In'. You will attend centrally organised sessions, Student Life and Help is at Hand. As a sport student you will also be invited to attend the Sport programme welcome talk, meet your programme leader and participate in sport specific activities along with other new sport students.

During the induction week you are allocated a Personal Tutor (PT), as are all students at the University, but in addition foundation year students will receive dedicated support from the Student Development Co-ordinator.

Transitioning to Level 4: Progressing students will not be required to attend all induction activities at Level 4, but will be invited to activities that will enable them to meet and feel fully integrated with their new cohort such as introduction to programme structure, modules and assessments and

team building activities. In addition, the students will be invited by the programme leader to mentor and support new students in other activities such as campus tours and general tips and guidance on being a UoC student.

Personal Tutor

You will also be allocated a Personal Tutor at the start of your programme. 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. They will support your learning and development, including through tutorials, progress reviews and other support as outlined in the Personal Tutoring Policy.

You will meet with your Personal Tutor on a minimum of four occasions per academic year at Level 3 and 4 (and twice yearly at Levels 5 and 6). These meetings are in addition to any discussions you may initiate which are without limit. The scheduled meetings will include the opportunity to examine your marks and feedback across modules to identify practice which can be encouraged across modules and recognising where further support may be beneficial.

Personal Development Planning (PDP)

Your personal development is an intrinsic part of this programme and will be supported by your Personal Tutor and Practitioner Placement module leader through individual and group tutorials. Their role is to support you to identify and meet your personal and professional learning and development needs. You will use a Personal Development Portfolio (ePortfolio available through Pebblepad) to provide evidence of this as you progress on your academic journey on route to graduation. Specifically, your PDP will act as a showcase of your achievements and experience during your programme of study. The portfolio can be taken with you on graduation and into the next stage of your career. The content reflects the practitioner skills and competencies developed in modules and as part of your placement experiences. You may include added qualifications you gain throughout your programme, voluntary and other work experience and therefore will be useful in seeking future related employment and/or further study opportunities.

Student Support Services

The [Student Enquiry Point](#) is a simple way to contact Student Services. Using the Student Enquiry Point tile on the Student Hub you can submit an enquiry to any of the Student Services teams, which includes:

- [Careers and Employability](#)
- [Chaplaincy](#) for faith and spiritual wellbeing
- [Mental Health and Wellbeing](#)
- [Digital Skills](#)

- [Disability and Specific Learning Difficulty \(SpLD\)](#)
- [International Student Support](#)
- [Library](#)
- [Money Matters](#)
- [Safeguarding](#)
- [Skills@Cumbria](#)
- [Sports and Fitness Facilities](#)
- [University Student Accommodation](#)

Students' Union

As a student at the University of Cumbria you automatically become a member of the Students' Union. The Students' Union represents the views and interests of students within the University.

The Students' Union is led by a group of Student Representatives who are elected by students in annual elections. They also support approximately 400 Student Academic Reps within each cohort across the entire University. The Students' Union represent the views of their cohort and work with academic staff to continuously develop and improve the experience for all University of Cumbria students. You can find out more about who represents you at www.ucsu.me.

You can email at any time on studentvoice@cumbria.ac.uk.

Course Costs

Tuition Fees

Course fees can be found <https://www.cumbria.ac.uk/study/courses/undergraduate/sport-conditioning-and-performance-analysis-with-integrated-foundation-year/>

The following course-related costs are included in the fees:

- Additional qualification: Hudi Certification
- Field trips and visits to professional sports clubs and organisations
- Access to facilities, software and equipment, including access to our Sports Massage Clinic.

Additional Costs

There will be some additional costs whilst you are on this programme. For example, you will need to purchase stationery and may wish to purchase some textbooks.

Books are reviewed annually and are therefore subject to change, your course welcome information will provide you with an indicative list for the year. All our textbooks are available in the library and where possible the books are also available free as eBooks/online. However, should you wish to purchase your own copies of key texts you should expect to pay approximately £100-£200 a year on textbooks and scripts although this cost can be reduced considerably by sourcing second-hand copies of books.

You will need to budget for stationery and consumables for your own personal use. This should include notebooks, pens and pencils for taking notes in class and/or in the field. You should also budget for the purchase of USB pen drives, as well as occasional printing and photocopying costs incurred in the preparation or submission of coursework. Whilst you will choose how much you need, expect to pay around £30 - £40 per year for these items.

Extra costs may also be applicable to cover sports club and gym membership fees, although these are optional within the programme. There will be a charge on graduation for ISPAS accreditation for those that wish to go for this. This is likely to cost approx. £40 - £50.

This programme has its own Sports Kit which is worn for practical activities and when out on community-based activities and placements; this is optional, students may purchase some or all items, but recommended items equal approx. £120. This may be cheaper than purchasing equivalent branded items of sports kit from high street stores.

Travel costs for Community based activities and placement will need to be covered; this is likely to cost around £30 - £50.

You will also need to undertake a Disclosure and Barring Service (DBS) check as part of your admission to the programme at a personal cost of between £50-£60.

Exceptions to the Academic Regulations

This programme operates in accordance with the University's Academic Regulations and Academic Procedures and Processes.

External and Internal Benchmarks

External Reference Points:

- [OAA subject benchmark statement for the Events, Hospitality, Leisure, Sport and Tourism](#) (November 2019)

- [International Society of Performance Analysis of Sport for post-graduation accreditation](#) (V3, January 2016)
- [UK Sport Strategic Plan](#) (2021-31)
- [QAA Framework for Higher Education Qualifications in England, Wales and Northern Ireland](#) (October 2014)

Other internal reference points may include:

- [UOC Strategic Plan](#)
- [UoC Learning, Teaching and Assessment Strategy](#)
- [UoC Academic Regulations and Academic Procedures and Processes](#)

Disclaimer

This programme has been approved (validated) by the University of Cumbria as suitable for a range of delivery modes, delivery patterns, and delivery sites. This level of potential flexibility does not reflect a commitment on behalf of the University to offer the programme by all modes/patterns and at all locations in every academic cycle. The details of the programme offered for a particular intake year will be as detailed on the programme webpage:

<https://www.cumbria.ac.uk/study/courses/undergraduate/sport-conditioning-and-performance-analysis-with-integrated-foundation-year/>