

Programme Specification



BSc Football Science

1. Programme title	BSc Football Science
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4. Details of accreditation by professional/statutory/regulatory body	
5. Final qualification	BSc
6. Year of validation Year of amendment	
7. Language of study	English
8. Mode of study	FT/PT

9. Criteria for admission to the programme

The normal minimum age of entry is 18 and candidate will be expected to have a clear DBS and passed a safeguarding children course upon entry or be near completion. Applicants would be expected to hold or be near completion, a relevant football coaching qualification.

Candidates must be able to satisfy the general admissions requirements of Middlesex University in one of the following ways:

Applications from candidates with 2 years of another undergraduate degree programme must have passed 120 credits at level 4 and 120 credits at level 5. The modules taken at levels 4 and 5 must be relevant to the subject area and will be reviewed by the programme leader.

The candidate must have achieved an overall pass mark for level 5 modules of 60% or above and including a research methods related module.

Applications from candidates with a foundation degree must obtain a merit or above and the foundation degree must be in a related subject area and include a research methods related module.

Applications from candidates without formal qualifications are welcome, providing they can show appropriate levels of relevant ability and experience; they would need to make a claim for accreditation of prior learning (APL), examples of this could be vocational based fitness qualifications and relevant experience in the field including UEFA B & A coaching licenses.

Exemptions from parts of the degree programmes are possible. Claimants seeking accreditation of prior experiential learning must apply to the university and may be required to present a portfolio in support of their claims. All claims must be approved by the University accreditation panel. In addition, for overseas students: a qualification demonstrating competence in English (e.g. TOEFL 550, IELTS 6.0) if English is not their first language.

10. Aims of the programme

The core aim is:

- To provide a knowledge and understanding of the science of human response and apply to football.

Other aims of the programmes are:

1. To ensure an evidence based knowledge of methods to enhance sport performance.
2. To develop competence in the scientific methods of enquiry and problem-solving abilities.
3. To develop a reflective approach to theory and practice.
4. To develop the student's ability to analyse, justify, debate and review ideas, protocols and actions.
5. To promote an appreciation of the need for both a multi-disciplinary and inter-disciplinary approach to study and intervention.
6. To promote autonomous learning and an appreciation of the need for continuing professional development

11. Programme outcomes

A. Knowledge and understanding

On completion of this programme the successful student will have knowledge and understanding of:

- The principles of safe and effective training for football players at all levels, taking into account national and professional bodies guidelines and the client's social and cultural background.
2. Research methods and processes with particular relevance to exercise and health
 3. The psychology of working with those in football as part of a team and with individual players.
 4. Nutritional needs of football in relation to pre, during and post season.
 5. Techniques and procedures used to assess physical fitness and well-being in the context of a typical football season.
 6. The methods and techniques used in

Teaching/learning methods

Students gain knowledge and understanding through attending lectures, participatory seminars, small group discussions, directed learning, laboratory and practical clinical sessions and on placement. An understanding of the subject is both summative and formatively assessed.

Assessment Method

Students' knowledge and understanding is assessed by presentations, written assignments, case studies, and Learning portfolios.

<p>all forms of media to ensure professional practitioner values are upheld in line with professional body's guidance.</p>	
<p>B. Cognitive (thinking) skills</p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Develop and challenge ideas through the evaluation of appropriate literature, concepts and principles 2. Design and carryout independent research and critically evaluate research findings 3. Critically analyse and interpret data with 4. understanding of strength and weakness of the data and technique Design and critically evaluate exercise programmes to enhance football performance. 5. Articulate the need for both a multi-disciplinary and inter-disciplinary approach to improving football performance used to collect the data 	<p>Teaching/learning methods</p> <p>Students learn cognitive skills through lectures, discussions, formative assessment, peer-review of seminar presentations, debates and directed reading.</p> <p>Assessment methods</p> <p>Students' cognitive skills are assessed by written work, peer-assessment, self-assessment, examinations, presentations and case studies</p>
<p>C. Practical skills</p> <p>On completion of the programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Select and execute appropriate, laboratory or field tests 2. Design, carryout and communicate independent research using appropriate media 3. Review and competently carry out safety and risk assessment or 	<p>Teaching/learning methods</p> <p>Students learn practical skills through attending laboratory classes, formative assessment, skills sessions and work experience</p> <p>Assessment methods</p> <p>Students' practical skills are assessed by practical examinations, laboratory reports, and logbook and supervisor reports.</p>

<p>appropriate emergency care in accordance with legislation and professional codes of conduct.</p> <p>4. Plan, design, manage and execute practical activities using appropriate techniques and procedures.</p>	
<p>D. Graduate skills</p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Develop communication and presentation skills 2. Demonstrate teamwork and interpersonal skills 3. Competently use information technology 4. Demonstrate competence in numeracy and problem solving techniques 5. Develop an autonomous and reflective approach to lifelong learning 	<p>Teaching/learning methods</p> <p>Students acquire graduate skills through reading, group work exercises, structured and directed learning, reflection and development of portfolio material, formative assessment and on placement</p> <p>Assessment methods</p> <p>Students' graduate skills are assessed by written work in the form of portfolios, case studies, logbook, presentations, peer assessment and self- assessment and project work.</p>

12. Programme structure (levels, modules, credits and progression requirements)

12. 1 Overall structure of the programme

See page 12

12.2 Levels and modules

Level 6

COMPULSORY

OPTIONAL

PROGRESSION
REQUIREMENTS

<p>Students must take all of the following:</p> <p>SES3346</p> <p>SES3344</p>	<p>Option 1 (default)</p> <p>SES3360</p> <p>Option 2</p> <p>SES3339 and SES3330</p>	<p>Completion of all level 6 modules</p>
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12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)	
Module level	Module code
6	<i>SES3346, SES3344, SES3330, SES3360</i>

13. Curriculum map
See attached.

14. Information about assessment regulations
<p>Regulations follow those set out in the Middlesex University Regulations document http://www.mdx.ac.uk/about-us/policies/university-regulations</p>

15. Placement opportunities, requirements and support (if applicable)
<p>Sports students have to complete min 50 hours of placements per year which is included into one of the modules within specific programme choices in the final year. Placement opportunities are further embedded into the advanced modules for the</p>

designated specialist pathways in the final year of study.

Students will receive help with identifying a suitable placement, with any application if required. On placement, each student will be allocated a supervisor, who will be an employee at the placement. The supervisor will provide the student with learning opportunities, enabling students to achieve the learning outcome of the module. Each placement will be allocated a placement tutor, who will strive to ensure students gain the most educationally from the placement.

Placement opportunities exist in the following areas: Sports Clubs, University Sports Clubs, local sports development projects.

16. Future careers (if applicable)

Graduates can gain employment in football clubs as part of the support team, football academy coach, fitness consultancy, personal fitness training, sports or physical activity development and the armed

forces. There are career opportunities in teaching and research at a variety of levels. They can also progress onto postgraduate studies at Middlesex University or another University.

17. Particular support for learning (if applicable)

18. JACS code (or other relevant coding system)

19. Relevant QAA subject benchmark group(s)

20. Reference points

The following reference points were used in designing the Programme.

Internal documentation:

- i. Middlesex University (2015) Guide and Regulations. London. MU.

- ii. Middlesex University (2013) Equality and diversity Policy. London. MU
- iii. Middlesex University (2015). Curriculum Design.

External Documentation:

Quality Assurance Agency (2014) The Framework for Higher Qualifications of UK Degree
Awarding bodies (Qualifications Framework), London, QAA

- i. Quality Assurance Agency (2008) QAA Subject Benchmarking Group:
Hospitality, Leisure, Sport and Tourism.
- ii. FA (2016). Social Networks. London.
- iii. FA (2010). The Future Game. London.
- iv. HEA (2010). Analysis of Academy Resources supporting the JISC
Transforming Curriculum Design and Delivery Programmes Phase 1 &2.

21. Other information

Curriculum map for BSc Football Science

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

Programme learning outcomes

A: Knowledge and understanding of		C: Practical skills	
A1	The scientific principles of safe and effective training for football players at all levels, taking into account relevant subject research, national governing bodies guidelines and the client's social and cultural background.	C1	Select and execute appropriate laboratory or field tests
A2	Research methods and processes with particular relevance to exercise and health	C2	Design, carryout and communicate research using appropriate media
A3	The psychology of working with those in football as part of a team and with individual players	C3	Review and competently carry out safety and risk assessment or appropriate emergency care in accordance with legislation and professional codes of conduct
A4	Nutritional needs of football in relation to pre, during and post season.	C4	Plan, design, manage and execute practical activities using appropriate techniques and procedures

A5	Techniques and procedures used to assess physical fitness and well-being in the context of a typical football season.		
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A6	The methods and techniques used in all forms of media to ensure professional practitioner values are upheld in line with professional body's guidance.		
B: Cognitive skills		D: Graduate skills	
B1	Develop and challenge ideas through the evaluation of appropriate literature, concepts and principles	D1	Develop communication and presentation skills
B2	Design and carryout research and critically evaluate research findings	D2	Demonstrate teamwork and interpersonal skills
B3	Critically analyse and interpret data with understanding of strength and weakness of the data and technique used to collect the data	D3	Competently use of information technology
B4	Design and critically evaluate exercise programmes to enhance football performance.	D4	Demonstrate competence in numeracy and problem solving techniques
B5	Articulate the need for both a multi-disciplinary and inter-disciplinary approach to improving football performance	D5	Develop an autonomous and reflective approach to lifelong learning

Module	Code	Programme Outcomes																							
		A 1	A 2	A 3	A 4	A 5	A 6		B 1	B 2	B 3	B 4	B 5		C 1	C 2	C 3	C 4		D 1	D 2	D 3	D 4	D 5	
Research Project	3330	x	x	x	x				x	x		x	x			x					x	x	x	x	x
Advanced Teaching and Coaching Sport	3339	X				X			X	X	X	X					X	X			X	X	X	X	X
Performance	3344		X			X			X		X		X			X							X	X	
Football Science	3346	X		X	X	X	X		X	X		X	X		X		X	X			X	X	X		X
Dissertation	3360	x	X			x			x						x	x	x	x			x	x	x	x	X

