

## Programme Specification

<b>1. Programme title</b>	BSc (Hons) Football Coaching and Performance BSc (Hons) Football Coaching and Performance with Foundation Year.
<b>2. Awarding institution</b>	Middlesex University
<b>3a Teaching institution</b>	Middlesex University: London Partner: Watford FC's Community Sports & Education Trust
<b>3b Language of study</b>	English
<b>4a Valid intake dates</b>	September
<b>4b Mode and duration of study</b>	Full Time – 3 years Full Time Sandwich – 4 years  Part Time – 6 years Part Time Sandwich – 7 years
<b>4c Delivery method</b>	On-campus/Online
<b>5. Professional/Statutory/Regulatory body (if applicable)</b>	N/A
<b>6. Apprenticeship Standard (if applicable)</b>	N/A
<b>7. Final qualification(s) available</b>	BSc (Hons) Football Coaching and Performance Dip HE Football Coaching and Performance Cert HE Football Coaching and Performance BSc Football Coaching and Performance (ordinary degree).
<b>8. Academic year effective from</b>	2025/26

## 9. Criteria for admission to the programme

Candidates must be able to satisfy the general admissions requirements of Middlesex University and Watford FC CSE Trust in one or more of the following ways with the normal minimum age of 18 years old.

### Tariff points:

96 plus English and Mathematics or Science GCSE grade 4 or equivalent (Level 2 functional skills or key skills).

*Please refer to the programme specification for the Foundation Year for criteria for admission to the BSc (Hons) Football Coaching and Performance with Foundation year programme.*

### Recognition of Prior Learning (RPL):

Mature students without traditional requirements may also be accepted following recognition of prior achievement providing they can show appropriate levels of relevant ability and experience; they would need to make a claim for recognition of prior learning (RPL).

We will Recognise Prior Learning in line with Middlesex University admission regulations which can be found on the main website. More info on RPL can be found on the [MDX Website](#). This page shows how much credit can be awarded towards a degree programme and how to make a claim for RPL.

### Disclosure and Barring Service (DBS) Check:

In year three, students must complete 50 hours of voluntary work placement. This can either be with Watford FC CSE Trust or at an alternative organisation but will be subject to a satisfactory enhanced DBS check. If you choose to undertake placement with Watford FC CSE Trust, we will pay for the cost of your DBS certificate but it will be subject to our safer recruitment policy. It is in your best interests to declare any criminal convictions during induction week to ensure we can support you to find a suitable placement opportunity.

## 10. Aims of the programme

The programme aims to:

- A. Provide a multi-disciplinary understanding of science that underpins football coaching and performance.
- B. Provide a balance of scientific, technical, and practical skills on which to base professional competence in relation to football coaching and performance.
- C. Enable students to identify, implement and evaluate appropriate strategies to promote effective laboratory and field practices.
- D. Integrate leadership skills in professional practice and establish the basis for subsequent career or research success (lifelong learning) and employability.
- E. Enable students to positively and flexibly adapt to challenges in the field of football coaching and performance to facilitate the development of problem-solving skills.

- F. Enable students to evaluate and appraise new information, review evidence and critically analyse conflicting theories and demonstrate best professional practice.
- G. Enable students to reflect on their own practice within football coaching and performance and create detailed action plans.

## **11. Programme learning outcomes**

### **A. Knowledge and understanding**

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

1. The principles of sport and exercise science in relation to Football Coaching.
2. Football Coaching Performance and its inter-relationship with other fields of study.
3. Applied sport and exercise science current topics, with particular emphasis in Football Coaching & Performance.
4. The significance of football coaching & performance and its relationship to professional codes of practice and other sport science related roles.
5. An evidence-based approach to managing the complexities of working as a football performance coach.
6. Career opportunities specific to Football Performance Coaching.
7. An autonomous and reflective approach to lifelong learning.

### **B. Skills**

On completion of this programme the successful student will be able to:

1. Identify, select and use analytic and evaluative skills that address issues influencing football coaching and performance.
2. Prioritise a range of options and select appropriate communication formats to convey solutions.
3. Apply Football Coaching knowledge in unfamiliar contexts, synthesising ideas or novel solutions.
4. Critically evaluate the results of an academic investigation and be able to extract data using a range of techniques appropriate to their chosen fields.
5. Demonstrate confidence and flexibility in identifying and defining complex problems, whilst being motivated to overcome challenges within football coaching.
6. Select and execute appropriate laboratory or field tests that support or demonstrate proactive leadership with a high level of autonomy.
7. Review and competently carry out risk assessment and appropriate emergency care in accordance with legislation and professional codes of conduct, with an ability to demonstrate compassion and empathy.
8. Work collaboratively within a team to overcome challenges in a variety of real-world scenarios.
9. Seek and apply new techniques and processes to own performance and identify how these might be evaluated.

## **12. Teaching/learning methods**

The BSc Football Coaching and Performance programme is designed to provide students with a comprehensive and practical learning experience. The programme promotes the practical application of theoretical knowledge alongside work-based learning to ensure students are well-prepared for careers in football coaching and performance.

Students will engage in a variety of teaching methods to develop their knowledge, skills, and understanding. These methods include:

- Participatory Seminars: Interactive sessions where students actively engage with key concepts and theories.
- Key Concept Videos: Visual learning aids that introduce and explain fundamental ideas.
- Small Group Discussions and Debates: Opportunities for students to discuss and debate topics in a collaborative environment.
- Laboratory and Practical Sessions: Hands-on experiences that allow students to apply theoretical knowledge in practical settings.
- Peer Review of Seminar Presentations: Students will present their work and receive constructive feedback from their peers.
- Industry Placements: Real-world experience through placements with football clubs and other sporting organisations, providing valuable industry insights and networking opportunities.

Students are encouraged to take responsibility for their own learning through self-study. Additional resources and content are provided via "My Learning," the university's online learning platform. This platform offers access to a wealth of materials for further reading and review. As students progress through the programme, they will be expected to develop critical thinking skills and conduct research within specific contexts. This will involve demonstrating a deeper understanding of topics and applying knowledge in innovative ways.

Assessment: Understanding of the subject is assessed both summatively and formatively. Summative assessments include presentations, coursework and practical assessments, while formative assessments involve ongoing feedback and evaluations relevant to the summative assessments throughout the course

<sup>1</sup> Approx. number of timetabled hours per week (at each level of study, as appropriate), including on-campus and online hours	FT: 12	PT: 6
Approx. number of hours of independent study per week (at each level of study, as appropriate)	FT: 38	PT: 16
Approx. number of hours on placement (including placement, work-based learning or year abroad, as appropriate).	FT: 50	PT: 50

### 13. Employability

#### 13a Development of graduate competencies

<sup>1</sup> This information will be used as part of our submission to Discover Uni (previously Unistats).

Graduate Competencies will be developed and articulated through a blend of theoretical and practical experiences. Career development activities and events will promote entrepreneurship amongst students in particular the research conference in year two and the annual football careers event held at Watford FC. Communication, empathy, and inclusion are emphasized in diverse coaching practices and in particular through the Player Welfare and Football Coaching modules. Curiosity and learning are encouraged through research opportunities, reflective practice and additional reading across all modules. Through our collaborative partnership, innovation will be promoted including industry placements and guest speakers from the Watford FC Family. Resilience, adaptability, leadership and influence will also be built through real-world placements as well as opportunities to become student voice leaders and join a university sports team or society. Technological agility will be embedded throughout the course but in particular with Sport Analytics and Human Performance modules where students will learn new software and systems. Problem-solving and delivery skills are developed through problem-based learning and assessments.

### **13b Employability development**

Employability is embedded into the programme through employer connections (particularly that of Watford FC). This will be brought to life with guest speakers, industry visits and an annual 'careers in football' event that we host at Vicarage Road stadium. Throughout modules, tutors will use real-life examples from their own industry experience to support the theory and content being delivered.

The Academic Skills module will prepare students for completing job applications, CVs and interviews and students will also learn about the value of LinkedIn as a professional online networking tool. Students will also be able to network with both staff and peers across the department as well as demonstrate their employability skills at the annual research conference as well as at other events put on by the faculty and the University.

Through case studies and practical assessments students will engage in realistic scenarios that will positively impact their employability skills and graduate competencies such as communication, leadership, problem solving and technological agility.

### **13c Placement and work experience opportunities (if applicable)**

*Please outline any opportunities within the programme to undertake placement and/or work experience. Please indicate whether these are compulsory or optional.*

There is a compulsory placement module in year 3, where students will be expected to seek short-term up to 50 hours of work experience in suitable programme environments. Watford FC CSE Trust will support students alongside MDX Works at the University to secure a placement and whilst they are on placement. Opportunities will be available within Watford FC CSE Trust football related projects as well as some of our local partner organisations. Students may source their own placement subject to the module leader's discretion and satisfactory insurance arrangements. All placements must have a nominated supervisor who has received relevant training information on the requirements of student placements. Students will be supported by their placement supervisor as well as their module leader whilst carrying out their placement hours.

You will be provided with basic kit to wear whilst on your placement and it is important you wear this and acknowledge you are representing Watford FC whilst on your placement. You may purchase extra kit at a discount from the Club Shop should you wish.

You will be required to complete an hours log and reflective portfolio of your placement experience as part of your summative assessment.

Students must not commence any placement before a satisfactory enhanced DBS check has been received and placement approval has been granted. All DBS checks carried out by Watford FC CSE Trust are subject to our safer recruitment policy. Students are encouraged to declare any criminal convictions at the start of the course. Should students have an unsatisfactory DBS, we will support you in finding a suitable alternative placement.

Students will have the opportunity to take an optional sandwich year between year 2 and 3 of study. Students who complete this will achieve an additional Diploma in Employability Studies.

### **13d Future careers / progression**

Graduates who complete this three-year degree will be eligible to apply for any of the LSI's master's degrees including the MSc Sport Performance Analysis. For those that choose not to progress to a master's degree, they may wish to pursue a teaching qualification enabling them to teach in schools and colleges. Many students will likely gain employment from their 3<sup>rd</sup> year placements in full time elite coaching roles. Career opportunities will be present in performance analysis, academy coaching and elite player performance pathways such as football education centres and player development centres progressing to Academies and 1<sup>st</sup> team positions. Students will also be ideal candidates for Academy welfare and safeguarding roles as well as roles in Talent ID/Scouting and Talent Development.

## **14. Assessment methods**

### **Summative Assessment:**

Students' knowledge, skills and understanding will be assessed by presentations, written assignments, laboratory reports, case studies, practical assessments, workbooks and learning portfolios. Throughout your modules, real-life examples and scenarios will be used to support your learning and assessment.

### **Formative Assessment:**

Formative assessment will be employed to identify learning gaps throughout modules, aiming to bridge academic gaps and enhance student achievement. It allows students the opportunity to get feedback on their work prior to summative assessments in order to make improvements and enhance understanding. This approach will involve students evaluating themselves, their peers, and academics through writing, quizzes, practical exercises, and oral discussion. All formative assessment will be conducted during scheduled sessions and tailored according to the lesson's

content learning objectives, and assessed by which is most appropriate format based on student needs.

## 15. Programme structure (level of study, modules, credits and progression requirements)

### 15a Structure of the programme

Please note that modules in red will be delivered at StoneX Stadium, Middlesex University and Modules in Black will be delivered at Cedars Youth & Community Centre in Harrow Weald.

Full time structure – September intake

	Semester 1		Semester 2	
Level 4 (Year 1)	SES1521 Academic Skills 30 credits	SES1943 Fundamentals of Football Coaching 30 credits	SES1523 Sport Science Fundamentals 30 credits	SES1945 Player Welfare 30 credits

	Semester 1		Semester 2	
Level 5 (Year 2)	SES2512 Sport Analytics & Psychology 30 credits	SES2956 Talent ID & Development 30 credits	SES2514 Research Methods 30 credits	SES2957 Applied Football Coaching and Performance 30 credits

**OPTIONAL SANDWICH YEAR: SES3400 Supervised Sport Industry Placement – 120 credits**

	Semester 1		Semester 2	
Level 6 (Year 3)	SES3960 Football Coaching Science 30 credits	SES3509 Human Performance 30 credits	SES3512 Work Based Practice and Employability 30 credits	SES3510 Dissertation 30 credits

Indicative Part time structure – September intake

	Semester 1	Semester 2
Level 4 (Year 1)	SES1521 Academic Skills 30 credits	SES1523 Sport Science Fundamentals 30 credits
	Semester 1	Semester 2
Level 4 (Year 2)	SES1943 Fundamentals of Football Coaching 30 credits	SES1945 Player Welfare 30 credits
	Semester 1	Semester 2
Level 5 (Year 3)	SES2512 Sport Analytics and Psychology 30 credits	SES2514 Research Methods 30 credits
	Semester 1	Semester 2
Level 5 (Year 4)	SES2956 Talent ID and Development 30 credits	SES2957 Applied Football Coaching and Performance 30 credits
<i>OPTIONAL SANDWICH YEAR: SES3400 Supervised Sport Industry Placement – 120 credits</i>		
	Semester 1	Semester 2
Level 6 (Year 5)	SES3960 Football Coaching Science 30 credits	SES3512 Work Based Practice and Employability 30 credits
	Semester 1	Semester 2
Level 6 (Year 6)	SES3509 Human Performance 30 credits	SES3510 Dissertation 30 credits

15b Levels and modules		
Level 4		
Compulsory (Core)	Optional (Elective)*	Progression requirements



Students must take all of the following: SES1521 Academic Skills (30 credits) SES1943 Fundamentals of Football Coaching (30 credits) SES1523 Sport Science Fundamentals (30 credits) SES1945 Player Welfare (30 credits)	N/A	Students must pass at least 90 credits to progress to Level 5.  <i>To achieve Honours, failed credit will need to be repeated.</i>
Level 5		
<b>Compulsory (Core)</b>	<b>Optional (Elective)*</b>	<b>Progression requirements</b>
Students must take all of the following: SES2512 Sport Analytics and Psychology (30 credits) SES2514 Research Methods (30 credits) SES2956 Talent ID and Development (30 credits) SES2957 Applied Football Coaching and Performance (30 credits)	N/A	Students must pass at least 210 credits to progress to level 6, including research methods module as a pre-requisite for dissertation module.  <i>To achieve Honours, failed credit will need to be repeated.</i>
Level 6		
<b>Compulsory (Core)</b>	<b>Optional (Elective)*</b>	<b>Progression requirements</b>
Students must take all of the following: SES3960 Football Coaching Science (30 credits) SES3509 Human Performance (30 credits) SES3510 Dissertation (30 credits) SES3512 Work Based Practice and Employability (30 credits)	SES3400 Supervised Sport Industry Placement (Sandwich Year) 120 credits	

\*Please refer to your programme page on the website re availability of option modules

15c Non-compensatory modules	
Module level	Module code
Level 6	SES 3510 - Dissertation

## 16. Programme-specific support for learning

Students will be taught in world class facilities at both StoneX stadium and Cedars Youth and Community Centre. This includes using specialist sport science equipment and being exposed to a variety of specialist sport science environments.

Students can access the University student support services as follows: Money and Welfare Advice, Employability Service, Counselling and the Disability and Dyslexia Service, Progression and Support and Academic Advisors. The University has an exceptional Learning Enhancement who can also help students with literacy and numeracy tasks such as data analysis software and structuring assignments.

Students will also have access to the University's online learning portal. This will enable students to access their student record on the University's central student management system, e-learning materials, a University email account and University library resources.

Throughout their studies, students will be assigned an Academic Advisor who will regularly check in with students to ensure their needs are being met and they have access to everything they need to succeed on the course. At Watford FC CSE Trust, you will engage with the programme leader from the admissions process right the way through to graduation. You will receive regular communication on events, courses, job opportunities and programme related information and the programme leader has a weekly drop-in session for students who may need additional support or would like a one-to-one meeting. Watford FC CSE Trust has trained Mental Health First Aiders as well as other community based projects that students can take part in either as participants or as part of their placements. There is a small gym at Cedars Youth and Community Centre that students are able to use if they wish for just £1 (pay as you go) per session.

Students on the named Programme(s) shall be entitled to use the University's Sports facilities on the same basis as other University students.

**17. HECos code(s)**

Sports Coaching - 100095  
Sport & Exercise Science - 100433

**18. Relevant QAA subject benchmark(s)**

Events, Hospitality, Leisure, Sport & Tourism (2019)

**19. University Regulations**

This programme will adhere to the general University Regulations: [Policies | Middlesex University](#)

This programme has an adjustment approved for module SES3512 Work Based Practice and Employability for placement hours to be accrued outside of the academic year calendar.

Students with three weeks consecutive non-attendance may be withdrawn.

**20. Reference points**

#### **Internal documents:**

#### **Learning Quality & Enhancement Handbook [Learning and Quality Enhancement Handbook \(LQEH\) | Middlesex University:](#)**

- Learning Framework Operationalising the Principles for Undergraduate Programmes (Guidance 3xiv)
- Programme Leader (Guidance 3xii)
- EDI in the curriculum (Guidance 3vii)
- Graduate Competencies
- Writing a programme specification (Guidance 3xiii)
- Ethics in the curriculum (Guidance 3xvi)
- Designing a module reading list (Guidance 3xix)
- Writing a module narrative (Guidance 3xviii)

#### **External Documents:**

- The QAA Quality Code for HE [The UK Quality Code for Higher Education](#)
- The QAA Framework for HE Qualifications [Frameworks](#)
- UN Sustainable Development Goals and its 2030 Agenda for Sustainable Development <https://sdgs.un.org/2030agenda>
- QAA Subject Benchmark Statement – Events, Hospitality, Leisure, Sport & Tourism. (2019) [https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/subject-benchmark-statement-events-leisure-sport-tourism.pdf?sfvrsn=c339c881\\_11](https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/subject-benchmark-statement-events-leisure-sport-tourism.pdf?sfvrsn=c339c881_11)
- SEEC Credit Level Descriptors (2021) [seec-credit-level-descriptors-2021.pdf](#)
- Office for Students. (2022). Securing Student Success. Regulatory Framework for HE in England <https://www.officeforstudents.org.uk/publications/regulatory-framework-for-higher-education-in-england/>

## **21. Methods for evaluating and improving the quality and standards of learning**

In addition to the standard quality evaluation methods, the BSc Football Coaching and Performance degree employs several unique approaches to enhance the quality and standards of learning. Regular feedback from industry professionals (particularly Watford FC) and our other partner organisations will ensure the curriculum remains relevant. Peer reviews and formative assessment such as online quizzes as well as real-world assessments during placements and live coaching sessions provide immediate, practical feedback. Students will have the opportunity to complete additional FA qualifications (Intro to Coaching, C licence and Talent ID) which ensure ongoing enhancement of professional skills. Weekly academic advisor updates and regular check-ins also ensure that students are engaging in the course and access support services if/when required. These methods complement traditional evaluation techniques, providing a dynamic and thorough assessment of student competencies.

## **22. Other information**

Included within your tuition fees are the following:

- FA Introduction to Coaching Football
- UEFA C Licence (subject to passing Intro to Coaching Football)
- FA Introduction to Talent ID
- Enhanced DBS check with Watford FC CSE Trust

All students will receive full training kit and a backpack at no extra cost. This is for students to wear when on placements and during practical lessons.

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if they take full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

## 23. Curriculum map for BSc (Hons) Football Coaching and Performance

### 23a Programme learning outcomes

#### Knowledge and understanding

A1	The principles of sport and exercise science in relation to Football Coaching.
A2	Football Coaching Performance and its inter-relationship with other fields of study.
A3	Applied sport and exercise science current topics, with particular emphasis in Football Coaching and Performance.
A4	The significance of football coaching and performance and its relationship to professional codes of practice and other sport science related roles.
A5	An evidence-based approach to managing the complexities of working as a football performance coach.
A6	Career opportunities specific to Football Performance Coaching.
A7	An autonomous and reflective approach to lifelong learning.

#### Skills

B1	Identify, select and use analytic and evaluative skills that address issues influencing football coaching and performance.
B2	Prioritise a range of options and select appropriate communication formats to convey solutions.
B3	Apply Football Coaching knowledge in unfamiliar contexts, synthesising ideas or novel solutions.
B4	Critically evaluate the results of an academic investigation and be able to extract data using a range of techniques appropriate to their chosen fields.
B5	Demonstrate confidence and flexibility in identifying and defining complex problems, whilst being motivated to overcome challenges within football coaching.
B6	Select and execute appropriate laboratory or field tests that support or demonstrate proactive leadership with a high level of autonomy.
B7	Review and competently carry out risk assessment and appropriate emergency care in accordance with legislation and professional codes of conduct, with an ability to demonstrate compassion and empathy.
B8	Work collaboratively within a team to overcome challenges in a variety of real-world scenarios.
B9	Seek and apply new techniques and processes to own performance and identify how these might be evaluated.

Programme learning outcomes - Highest level achieved by all graduates

A1	A2	A3	A4	A5	A6	A7	B1	B2	B3	B4	B5	B6	B7	B8	B9
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6

### 23b Mapping by level of study and module

Module Title	Module Code by Level of study	A1	A2	A3	A4	A5	A6	A7	B1	B2	B3	B4	B5	B6	B7	B8	B9
<b>Year 1</b>																	
Academic Skills	SES1521		X		X	X		X	X	X	X		X	X			X
Fundamentals of Football Coaching	SES1943	X			X			X			X		X		X		X
Sport Science Fundamentals	SES1523	X		X		X										X	X
Player Welfare	SES1945		X	X	X	X	X		X				X		X	X	
<b>Year 2</b>																	
Sport Analytics and Psychology	SES2512	X	X	X	X				X	X				X			X
Talent ID and Development	SES2956		X	X			X		X	X	X				X		
Research Methods	SES2514			X		X		X		X	X	X		X			X
Applied Football Coaching and Performance	SES2957		X		X	X		X		X	X		X		X	X	X
<b>Year 3</b>																	
Football Coaching Science	SES3960	X	X			X						X	X	X	X		
Human Performance	SES3509		X	X	X				X					X	X		
Work Based Practice and Employability	SES3512	X			X		X	X	X	X	X		X	X	X	X	X
Dissertation	SES3510					X	X	X		X		X	X				
Supervised Sport Industry Placement (Sandwich Year)	SES3400	X			X		X	X	X	X	X		X	X	X	X	X