Middlesex University

Programme specification

1. Programme title(s)

BSc Hons Sport Performance Analysis and Coaching Science

Target Award Title(s):

BSc Hons Sport Performance Analysis and Coaching Science

BSc Hons Sport Performance Analysis and Coaching Science with Foundation Year

Exit Award Titles:

DipHE Sport Performance Analysis and Coaching Science

DipHE Sport Performance Analysis and Coaching Science with Foundation Year

CertHE Sport Performance Analysis and Coaching Science

CertHE Sport Performance Analysis and Coaching Science with Foundation Year

2. Awarding institution

Middlesex University

3. Teaching institution

Middlesex University

4. Length and mode of study

a) Length and mode:

Full-time (FT)	Semester 1	3 Years

Full-time (FT)	Semester 1	4 Years
Full-time with Foundation Year (FT)	Semester 1	4 Years
Full-time with placement year (TKSW) (FT)	Semester 1	4 Years
Part-time (PT)	Semester 1	6 Years
Part-time (PT) (FY)(TKSW)	Semester 1	7 Years

b) Delivery method:

On campus/Blended

5. Professional/Statutory/Regulatory body (if applicable)

N/A

6. Apprenticeship standard (if applicable)

N/A

7. Language of study

English

8. Will this be delivered as a Continuing Professional Development (CPD) programme?

No

9. Criteria for admission to the programme

Candidates must be able to satisfy the general admissions requirements of Middlesex University found here - https://www.mdx.ac.uk/study/undergraduate/entry-requirements-for-undergraduates/. Criteria for admission to the BSc (Hons) Sport Performance Analysis and Coaching Science programme requires a minimum of 96 UCAS points.

We welcome applications from mature candidates, including those

without formal qualifications, provided you can demonstrate relevant experience and ability.

We will Recognise Prior Learning in line with Middlesex University admission regulations which can be found here - https://www.mdx.ac.uk/study/undergraduate/entry-requirements-for-undergraduates/recognition-of-previous-learning/.

Please refer to the programme specification for the Foundation Year for criteria for admission to the BSc (Hons) Sport Performance Analysis and Coaching Science with Foundation Year programme.

Criteria for admission to the BSc (Hons) Sport Performance Analysis and Coaching Science programme:

Evidence for capacity to work at level 4+ for example:

- 5 GCSEs (minimum Grade 4 or C if awarded before 2017) or 5 GCE O levels (minimum Grade 4 or C if awarded before 2017) including:
- English Language/Literature and either Mathematics or Science. PLUS, one of the following:
- Three A-Levels with a minimum of 96 UCAS Tariff points with least one A level in a science discipline or physical education.
- T-Level Pass (C or above on the core) in a science or physical education discipline.
- A BTEC National Diploma or Certificate in an appropriate area (e.g. Applied Science/sport) normally with a minimum of 2 merits OR
- Applicants who have successfully completed a relevant Diploma in Access to Higher Education (Science/Sport) with a minimum of a merit OR
- Applicants who have successfully passed a HE Foundation Science/Sport programme.
- Overseas applicants with an appropriate qualification and an IELTS score of 6.0 and over (with a minimum of 5.5 in all sections).

Mature Students will be interviewed by the team to discuss suitability for study at level 4.

The University aims to ensure that its admissions processes are fair, open and transparent and aims to admit students who, regardless of their background, demonstrate potential to successfully complete their chosen programme of study where a suitable place exists and where entry criteria are met. The University values diversity and is committed to equality in education and students are selected on the basis of their individual merits, abilities and aptitudes. The University ensures that the operation of admissions processes and application of entry criteria are untaken in compliance with the Equality Act.

We take a personalised but fair approach to how we make offers. We feel it's important that our applicants continue to aspire to achieving great results and make offers which take into account pieces of information provided to us on the application form.

10. Aims of the programme

The programme aims to:

A. Provide a multi-disciplinary understanding of sport and exercise science with sport performance analysis & coaching science.
B. Provide a balance of scientific, analytical, technical, and technical skills on which to base professional competence in sport performance analysis & coaching science.
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).
E. Enable students to respond positively and flexibly to changing sport and exercise environments and facilitate the development of problem-solving skills.
F. Enable students to evaluate and appraise new information, review evidence and critically analyse conflicting theories and assimilate best professional practice.

G. Enable students to detail different pedagogic practices and evaluate their effectiveness in sport performance analysis & coaching science environments.

11. Programme learning outcomes

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

1. The multi-disciplinary principles and theories underpinning sport performance analysis, coaching science, sport and exercise science, and athlete development.
2. Contemporary issues, evidence and practices relevant to sport performance analysis, coaching and sport-related decision-making.
3. Methods and technologies used to collect, analyse and interpret sport performance information.
4. Data visualisation, video analysis and communication approaches used to generate and present performance insights.
5. The professional, ethical, legal and career contexts associated with sport performance analysis and coaching science.

Programme - Skills

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

6. Critically analyse, evaluate and synthesise evidence and data to investigate complex problems and develop informed solutions.
7. Select and apply appropriate methods, technologies and software to collect, organise, analyse and interpret sport performance information.
8. Communicate findings, feedback and applied recommendations effectively to different audiences using appropriate written, verbal, visual and digital formats.
9. Design, justify, implement and evaluate coaching, performance analysis, laboratory or field-based interventions and practices.
10. Work independently and collaboratively in a professional, ethical and safe manner, demonstrating leadership, critical reflection and responsibility for continuing professional development.

12. Learning and teaching methods

The learning and teaching requirements necessary to deliver the syllabus content will provide students with the essential information, concepts, theories and practical skills required to successfully meet the aims and learning outcomes of the programme.

To maintain an effective learning environment the structured weekly sessions will be taught using sound pedagogical theories and delivered by academics through key concept videos, seminars, laboratories, tutorials, problem-solving sessions and fieldwork.

In addition to taught sessions, weekly optional independent learning tasks will be provided that will further enhance the learning experience of students and foster the opportunity for
further in-depth exploration outside of the classroom.

13. Employability

a) Development of graduate competencies

Approaches to learning ensure that graduate competencies are developed. Through problem-based learning approaches, students become resilient, adept at problem solving, develop into curious learners, working collaboratively with peers to innovate in group work. The course is designed to get students to apply innovative methodologies to address real-world issues and problems that affect their subject discipline. Technological agility is supported throughout with the use of various software and online platforms, which are integrated into group work, assessments and learning as appropriate. The integration of group and individual presentations develop students' ability to communicate and become resilient and adaptable learners. Students are given the opportunity to develop their leadership and exert influence on their placements.

b) Employability development

Employers are engaged in the design and delivery of this programme to ensure that the academic content aligns with industry changes and expectations to support career readiness. Modules in the programme include guest lectures from leading industry experts and authentic assessments that replicate real-world professional tasks. Industry projects are encouraged via work placement, research methods and dissertation modules, where students have a chance to put what they have learnt into practice, whilst also having the potential to research and impact practice. Combined, this ensures students gain a deeper understanding of industry expectations and enhances students' career readiness and graduate outcomes.

c) Placement and work experience opportunities

There is a compulsory placement module in academic year 3, where students will be expected to undertake a minimum of 50 hours of performance analysis related work experience. This will be supervised and adhere to the QAA quality assurance processes.

Both compulsory and optional opportunities for students to undertake performance analysis related experience will be encouraged within the University Sports and Recreation department which oversee the Universities competitive sports teams.

Students will have the opportunity to take an optional sandwich year between academic years 2 and 3 of full-time study that will enable them to achieve a Diploma in Employability Studies.

d) Future careers/progression

This degree allows students to study the full potential of sports and exercise sciences with a particular focus on Sport Performance Analysis and Coaching Sciences. Students will gain expert

knowledge and understanding of scientific methods relating to sport performance analysis, data analysis, data visualization and coaching science. Students completing this programme will graduate with the essential skills and knowledge to thrive in the industry and be well-prepared to enter a broad range of careers working with athletes to support their development, analysing sport or non-sport specific data, visualising and communicating findings to a variety of audiences and be able to work as a coach or performance analyst.

This programme will support all students wishing to participate in a career of, Sport Science, Sport Performance Analyst, Sports Data Analyst, Sports Coach, Lecturer in Higher Education, Performance Analyst, Physical Activity Development Manager, Sport and Exercise Psychologist, Sports Development Officer, Teacher. It will also prepare students who wish to continue onto postgraduate studies.

14. Assessment strategy

Students' knowledge and understanding is assessed by.

(a) Formative assessment

Formative assessment will be used to identify learning gaps throughout the module to close academic gaps and promote student success. This will include students assessing themselves and peers through their writing, quizzes, practicals, presentations and oral discussion. All formative assessment will occur during planned sessions and varied to depending on the content learning objectives of the lesson.

(b) Summative assessment

Summative assessment will be used to evaluate student learning, skill acquisition and academic achievement throughout the module. This will include coursework, practical vivas, laboratory reports, presentations, professional portfolios and in-course tests.

15. Programme structure

An undergraduate BSc (Hons) Sport Performance Analysis and Coaching Science degree is comprised of 360 credits of learning. In each year you will take 120 credits (P/T 60 credits) of learning, and this will enable you to complete your award as a full-time student in 3 years.

Modules are delivered as 30 credits. Two 30 credit modules are studied in semester 1, and two 30 credit modules are studied in semester 2.

Part-time study at each level is permitted (except foundation year).

A sandwich year can be completed by students between years 2 and 3 if you are full time, or between years 4 and 5 if you are part time. The sandwich year consists of a year-long placement and achieves a Diploma in Employability Studies on successful completion. Students must confirm their wish to include 120 credits of placement (as 'sandwich') in their programme by January of their Intermediate/Diploma stage. Please contact your programme leader for further details.

Please refer to the programme specification for the Foundation Year for criteria for admission to the BSc (Hons) Sport Performance Analysis and Coaching Science with Foundation Year programme.

Year 1

Year 1 Level 4 FT

Code	Module Title	Credits	Type
SES1522	Athletic Training and Conditioning Level 4	30	Compulsory
SES1523	Sport Science Fundamentals Level 4	30	Compulsory
SES1524	Principles of Performance Analysis and Coaching Level 4	30	Compulsory
SES1521	Academic Skills Level 4	30	Compulsory

Year 1 Level 4 PT

Code	Module Title	Credits	Type
SES1523	Sport Science Fundamentals	30	Compulsory
SES1521	Academic Skills Level 4	30	Compulsory

Year 2

Code	Module Title	Credits	Type
SES2011	Performance Insights using Data, Visualisation and Video Level 5	30	Compulsory
SES2512	Sport Analytics and Psychology Level 5	30	Compulsory
SES2010	Sport Coaching and Performance Analysis Level 5	30	Compulsory
SES2514	Research Methods Level 5	30	Compulsory

Year 2 Level 4 PT

SES1522	Athletic Training and Conditioning Level 4	30	Compulsory
SES1524	Principles of Performance Analysis and Coaching Level 4	30	Compulsory

Year 3

Year 3 Level 6 FT

Code	Module Title	Credits	Type
SES3010	Applied Sport Performance Analysis Level 6	30	Compulsory
SES3512	Work Based Practice and Employability Level 6	30	Compulsory
SES3011	Advanced Coaching Science Level 6	30	Compulsory
SES3510	Dissertation Level 6	30	Compulsory

Year 3 Level 5 FT Sandwich Year

Code	Module Title	Credits	Type
SES3400	Supervised Sport Industry Placement Level 6	120	Optional

Year 3 Level 5 PT

Code	Module Title	Credits	Type
SES2512	Sport Analytics and Psychology Level 5	30	Compulsory
SES2514	Research Methods Level 5	30	Compulsory

Year 4

Year 4 Level 6 FT Sandwich Year

Code	Module Title	Credits	Type
SES3010	Applied Sport Performance Analysis Level 6	30	Compulsory
SES3512	Work Based Practice and Employability Level 6	30	Compulsory
SES3011	Advanced Coaching Science Level 6	30	Compulsory
SES3510	Dissertation Level 6	30	Compulsory

Year 4 Level 5 PT

Code	Module Title	Credits	Type
SES2010	Sport Coaching and Performance Analysis Level 5	30	Compulsory
SES2011	Performance Insights using Data, Visualisation and Video Level 5	30	Compulsory

Year 5

Year 5 Level 6 PT

Code	Module Title	Credits	Type
SES3011	Advanced Coaching Science Level 6	30	Compulsory
SES3010	Applied Sport Performance Analysis Level 6	30	Compulsory

Year 5 Level 6 PT Sandwich Year

Code	Module Title	Credits	Type
SES3400	Supervised Sport Industry Placement Level 6	120	Optional

Year 6

Year 6 Level 6 PT

Code	Module Title	Credits	Type
SES3512	Work Based Practice and Employability Level 6	30	Compulsory
SES3510	Dissertation Level 6	30	Compulsory

Year 6 Level 6 PT Sandwich Year

Code	Module Title	Credits	Type
SES3010	Applied Sport Performance Analysis Level 6	30	Compulsory
SES3011	Advanced Coaching Science Level 6	30	Compulsory

Year 7

Year 7 Level 6 PT Sandwich Year

Code	Module Title	Credits	Type
SES3512	Work Based Practice and Employability Level 6	30	Compulsory
SES3510	Dissertation Level 6	30	Compulsory

16. Progression requirements

Level 4

Students must pass at least 90 credits to progress to Level 5. To achieve Honours, failed credit will need to be repeated

Level 5

Students must have passed at least 210 credits to progress to Level 6, including research methods module as a pre-requisite for dissertation module.

Level 6

Students may progress to the Dissertation before the taught credit is completed.

In order to graduate with an honours degree, students must have achieved 360 credit points from core modules. To graduate with an

ordinary degree, 300 credit points with a minimum of 60 credit points at Level 6. University regulations apply.

Undergraduate

Level 4: Students are normally expected to pass 120 credit points to progress to level 5 full-time study or level 5 part-time study. University regulations apply.

Level 5: Students are normally expected to achieve 240 credits at levels 4 & 5 to progress to level 6. University regulations apply.

Level 6: In order to graduate with an honours degree, students must have achieved 360 credit points from core modules. To graduate with an ordinary degree, 300 credit points with a minimum of 60 credit points at Level 6. University regulations apply.

Non-compensatory modules

SES3510 Dissertation

17. Programme-specific support for learning

Students will be taught in world-class facilities at StoneX stadium. This includes using specialist sport science equipment and be exposed to a variety of specialist sport science environments. Students have leading performance analysis software packages and hardware will be accessible on-campus. Students, may be able to access campus restricted software remotely using remote client and virtualisation software. Furthermore, relevant software packages such as SPSS, Adobe suite and Microsoft office are available to students to use.

Students can access extensive central resources and support available to all students. This includes disability and inclusion support, counselling and mental health support, religious and faith support, care leavers and estranged students, financial support careers and part time jobs, and academic support. Full details can be seen on the link here - https://www.mdx.ac.uk/student-life/student-support/.

Students will also have access to the University's student portal. This portal 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.

18. HECOS code (Hecos | HESA)
100095: Sports Coaching

100433: Sport and Exercise Sciences

19. Relevant QAA subject benchmarks
QAA Subject Benchmark Statement – Events, Hospitality, Leisure, Sport & Tourism. (2019)

20. University Regulations
The programme will run in line with general University Regulations. View the full Regulations: Policies | Middlesex University.

21. Methods for evaluating and improving the quality and standards of learning
Refer to Middlesex Quality processes

22. Other information

The following course-related costs (partially funded by the London Sport Institute) are not included in the fees, and you are required to purchase these to complete the course.

The costs are approximate and may change due to changes in pricing at the retailer:

London Sport Institute Sports Kit (~£80)

If you would like to undertake additional qualifications (such as first aid training, fitness instructing and personal training), there will be added costs associated. This is not a compulsory component but does link to graduate skills.