Health Undergraduate

FdSc Sport (Sports Performance)
Welcome from the Director of Studies

The University of Bath is a top ranking UK university, renowned as a research-led academic institution with a strong focus on high quality education for the ‘real world’. We are an award-winning campus-based university with world class sporting facilities and highly acclaimed sports coaches and sports support services.

In the Department for Health we offer a suite of excellent sport and health oriented undergraduate degree programmes - teaching in the department is ranked 1st in the Guardian University Guide 2015 and 2nd in The Times and Sunday Times Good University Guide 2015 (for sport science). Our research is ranked 5th in the UK in Sport and Exercise Sciences, Leisure and Tourism (REF 2014).

Our two year Foundation degree in Sports Performance is for those who are looking to continue academic studies alongside sports training and performance. The programme is designed to appeal to those performing at a very high standard in their chosen sport or to developing elite coaches with aspirations to work with elite athletes; coaching applications will be considered on a case by case basis. On completion of the Foundation degree, students who have attained the appropriate admissions criteria have the opportunity to progress onto the BSc Sports Performance (1 year programme).

We hope this brochure will help you understand the degree programme and the options available. The structure of the degree reflects our strong connections between academic research, innovation, coaching and athletic performance. Together with your work-based learning and focused professional development, this ensures that a degree from Bath is the ideal starting point for a rewarding career.

We look forward to meeting you!

Nicholas Willsmer
Director of Studies
Why study Sports Performance?

Sport is a field that continues to evolve in the UK from an academic, coaching, teaching and performance perspective.

The two year Foundation degree in Sport (Sports Performance) (Work-based Learning) enables you to integrate sports training and academic study. The programme is designed to appeal to those performing at a very high standard in their chosen sport or to those with aspirations to work with elite athletes. On this course you will develop skills and knowledge in several areas relevant to training and competition, from your own physical conditioning to performance analysis.

We offer you:

- A programme of study that is work-based and aims to prepare you for a wide range of sport related careers
- The opportunity to critically examine the sub-disciplines of sports performance whilst developing your own athletic expertise
- A well-established tradition of innovation in athlete and coach education, achieved through combining coaching, athletic performance and academic endeavours
- Sports facilities and services that are among the best in the world, in keeping with our international reputation as an academic institute, noted for its research, teaching and applied learning
- The opportunity to progress to our one year BSc Honours in Sport (Sports Performance) (Work-based Learning). The degree builds on the expertise acquired from earlier study and further develops the critical, analytical and reflective approach valued by employers.

What are Foundation degrees?

Foundation degrees are vocationally focused courses with a substantial work-based learning element. They equip you with skills and knowledge required by employers, and are equivalent to an HND or the first two years of an Honours degree.

Offered on a full-time (two-year) basis, Foundation degrees are higher education qualifications that can be studied prior to an undergraduate Bachelor’s degree programme - or as a vocational option.

Our Foundation degree in Sports Performance is a two-year, full-time course taught on campus and gives students the opportunity to progress onto our one-year BSc Honours degree in Sport (Sports Performance).

Applicants must have a proven sporting performance in at least one sport; this must be indicated within your personal statement on application. Some sports (e.g. football) may require applicants to attend a trial. Please contact the Admissions Tutor to check arrangements for your sport (see inside back cover for contact details).
Your Foundation degree structure

In the early stages of your Foundation degree in Sports Performance you will explore a range of fundamental topics and become equipped with a range of basic study skills. In addition, you will develop abilities in your chosen sport throughout the degree.

As you progress through the degree there is increasing emphasis on developing your own observational, evaluative and analytical skills in the design of training regimes and programmes.

A variety of teaching, learning and assessment methods are used. These include methods that encourage experiential learning through group discussion, practical workshops, lectures, seminars, and student-led discussion forums. You will be encouraged to reflect upon your work-based learning.

Two Year Foundation Degree in Sport (Sports Performance)

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Semester 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Year 1</strong></td>
<td></td>
</tr>
<tr>
<td>Human structure &amp; function</td>
<td>Nutrition for sports performance</td>
</tr>
<tr>
<td>Introduction to sports coaching</td>
<td>Sports development</td>
</tr>
<tr>
<td>Introduction to sports performance</td>
<td>Strength &amp; conditioning</td>
</tr>
<tr>
<td>Research methods for sports performance</td>
<td>Work-based learning 1</td>
</tr>
<tr>
<td></td>
<td>Research methods for sports performance</td>
</tr>
<tr>
<td><strong>Year 2</strong></td>
<td></td>
</tr>
<tr>
<td>Contemporary issues in sports performance</td>
<td>Performance analysis</td>
</tr>
<tr>
<td>Planning for the athlete in context</td>
<td>Talent identification principles &amp; practice</td>
</tr>
<tr>
<td>Sport &amp; exercise psychology</td>
<td></td>
</tr>
<tr>
<td>Work-based learning 2</td>
<td>Work-based learning 2</td>
</tr>
</tbody>
</table>

Opportunity for progression to: One Year BSc Honours in Sport (Sports Performance) (Work-based Learning)

<table>
<thead>
<tr>
<th>One Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dissertation</td>
</tr>
<tr>
<td>Managing the performance athlete 1</td>
</tr>
<tr>
<td>Research methods</td>
</tr>
<tr>
<td>Plus one optional unit selected from:</td>
</tr>
<tr>
<td>Coaching and pedagogy 1: advanced coaching concepts</td>
</tr>
<tr>
<td>Sports physiology 1: training practices</td>
</tr>
<tr>
<td>Sports policy 1: philosophy and practice</td>
</tr>
<tr>
<td>Dissertation</td>
</tr>
<tr>
<td>Managing the performance athlete 2</td>
</tr>
<tr>
<td>Sports performance research seminar</td>
</tr>
<tr>
<td>Plus one optional unit selected from:</td>
</tr>
<tr>
<td>Coaching and pedagogy 2: practical sports coaching</td>
</tr>
<tr>
<td>Sports physiology 2: contemporary issues in specific populations</td>
</tr>
<tr>
<td>Sports policy 2: managing sport in the global environment</td>
</tr>
</tbody>
</table>
BSc year option units

Coaching and pedagogy 1: advanced coaching concepts
This option offers you an opportunity to critically evaluate your own coaching practices and recognise how advanced theoretical perspectives can provide praxis for enhancing your development as practitioners. You will be challenged to develop a set of values about behaviour and practice recognising how these may change over time depending on experience and context.

Coaching and pedagogy 2: practical sports coaching
Coaching is a dynamic, complex and multifaceted activity. Through this unit you will apply your knowledge and understanding to your own practical experiences in the field, facilitating a critical reflection that integrates the imbued theory-practice interface leading to the development of your own coaching practice.

Sports physiology 1: training practices
This third year optional unit allows students to develop their conceptual knowledge of sport and exercise physiology and investigate specific applied practices in an elite sports performance environment. Students are encouraged to critically reflect on their own training practices in light of research. Concepts covered during the unit include the use of warm ups and cool downs to enhance performance and aid recovery, altitude training, enhancing speed and power and the use of and evidence for various recovery modalities.

Sports physiology 2: contemporary issues in specific populations
During this unit students will develop the key conceptual and contextual knowledge of exercise and sports physiology but from the perspective of working with specific populations in an elite sports performance environment. For example students will examine the challenges facing young and old athletes, athletes with diabetes, asthma and eating disorders as well as those competing in weight limited sports.

Sports policy 1: philosophy and practice
In recent years, sport in the United Kingdom has experienced an unprecedented level of attention by government, with the London 2012 Olympics signifying the pinnacle of this concentration. In this unit you will investigate the ways in which current and past sport policies influence sport at all levels of participation, with a specific focus on the tensions between elite sport and mainstream participation. In addition, you will explore the growing method of basing policy-making on ‘best practice’ and ‘evidence’.

Sports policy 2: managing sport in the global environment
As sport grows into a global phenomenon, where sporting events attract huge media audiences and sports stars become some of the most recognisable people on the planet, the necessity to understand and manage the global sports nexus assumes more importance. In this unit you will critically examine competing management theories that impact upon a broader understanding of globalisation and its impact upon sport, and you will develop an understanding of contemporary issues associated with management in the private and voluntary sectors.

“The FdSc in Sports Performance provided me with a fantastic opportunity to study for a degree, whilst being able to develop as an athlete in some of the finest facilities in the country. By relating the course content to my sporting performance, I was able to recognise the steps required to improve myself as an athlete. This also enabled me to use my experiences in sport to support my understanding of the course. The course provided me with a broad understanding of all the branches of Elite Sport, which has opened up many doors to future careers for me.”

Dan Keat
BSc Honours Sport (Sports Performance), current student
“Choosing to study Sports Performance at the University of Bath was the best decision in my life as a student athlete. The way the course is delivered is exceptional. There is sufficient time for me to continue training for performance swimming as well as study; the balance between the two is enabling me to progress in the field of sport from an academic and a performance perspective. The lectures are great, always linking academic theory to applied practice. The lecturers are amazing people, always willing to help and treat you as a friend. This programme has developed my passion to work in the field of Sports Performance. I cannot imagine a better way to spend my life at the moment.”

Eva Piatrikova
BSc Honours Sport (Sports Performance), current student
A day in the life

We asked one of our current Foundation Sport students to tell us about a typical day on their programme...

**Olly Biddulph, British Bobsleigh 2**  
FdSc Sport (Sports Performance), year 2

A typical day for me would be to get up, pack my bag, and get ready for training. I’ll eat some breakfast and go up to University and I’d probably have a 9.00am training session.

11.00am to 1.00pm I’d have a lecture, after I’d get some lunch and have another training session, then either go to the library or hydro pool.

After this, depending on time, from 5.00 to 6.00am I would go back home and prepare my meals for the next day, prepare my training sessions and any other recovery or post training exercise that need to be done, for example rolling, stretching, yoga, anything like this.

**Wednesdays** we have a day off lectures as it’s traditionally a sports day at University, but we do at least one or maybe a double training session on a Wednesday as there are no other constraints or commitments with lectures. Weekends I have a Sunday off; I mainly do six days training a week. Eat, train, lectures, rest...

It’s hard to have a social life really. When I’m in training or competing I go away mid-October/November; I only had two weeks off at Christmas then I was away again until early March. So I did six week stints, eight weeks away, country to country. When I’m doing that I’m not actually at the University, only via email.

When I’m away, training depends on which country you are in. St Moritz for example is a natural track, so we have to go early mornings; it can be as early as wake up at 4.00am, breakfast at 5.00am, put the bobsleighs in the vans at 5.30am and we’ll be training at 7.00am. We walk the track from bottom to top at 6.30am, and start training at 7.00am-8.00am. We’ll be done by 10.00am, so we only do two or three runs a day down the track, and then we’ll have lunch then probably sledge work and mechanics. It’s a very, very busy day, plus we’re training as well so gym or sprints, and that’s six days a week.

On a Monday we travel so we drive from say *Austria to France*, or *Germany to Austria*. We drive the vans ourselves, three in a van; at least two of us have to be able to drive at four hour stints. We live in the hotels, we go as a team. Great Britain stay in a certain hotel in Austria, and we either bring a gym with us and try and find garages, or we have to go into towns, villages, cities etc. and try and find facilities to use. Then it’s back to Bath!
The Sports Performance degree course is the perfect programme for the elite athlete. Swimming has always been my profession but thanks to the University, I was able to have a secondary focus. The degree not only helped build foundations for my post athletic career but also to enhance my knowledge of the training programme I currently undertake. I remained a full-time student throughout Olympic season in 2012 and this was thanks to the level of flexibility and support I received. Through regular communication with the University, I was able to manage my busy training and competition schedule well in advance, allowing me to manage my coursework accordingly. As athletes know, this is no easy task but with an effective team behind you, it’s possible to manage both and more importantly, to enjoy both.

I have been privileged enough to win medals at European, Commonwealth, World and Olympic level. The majority of these successes were during my tenure at the University and proves that it’s possible to manage a professional athletic lifestyle with a degree course. Since completing my degree, I have continued to base myself in Bath as a full-time athlete. I was honoured to be an ambassador for the 2014 Commonwealth Games in Glasgow and aim to compete and win at the 2015 World Championships and the 2016 Rio Olympic Games.

Michael Jamieson
BSc Honours Sport (Sports Performance), graduate

Career opportunities

This qualification may benefit you in a wide range of sport-related careers, for a variety of companies or organisations. During the programme, it is likely that you will have the opportunity to attend talks from individuals from a variety of professions, including sports development, sports coaching, and full-time athletes.

Since graduating from Bath I have worked for the UK Sailing Academy, done my teacher training, worked with the British Keelboat Academy coaching at Weymouth, and I now work for University of Bath as the Athlete support officer and TASS coordinator for the University of Bath and Sport England. I’ve loved applying my passion for athlete support and my knowledge and experience as an athlete back into my job role.

The Sports Performance degree equipped me with lots of different skills such as the ability to reflect upon my practice as an athlete to develop my sporting performance. Some of my successes as a triathlete have been a top ten finish as an under 23 at a World Championship, and becoming National Champion for off-road triathlon. The tutors and coaches were incredibly mindful of our futures and they would help us explore different pathways, so the degree also helped me understand the different athlete support channels and gain work in the specific area.

The advice I would give to young athletes looking to go on to university would be make sure you’ve met up with the coaches and tutors, and that you understand the demands of the course. I would highly recommend studying sports performance as it allows you to reflect on your practice and develop as an athlete, and potentially develop a knowledge base to be a future practitioner within sport.

Jack Grundy
BSc Honours Sport (Sports Performance), graduate
Your coaches

**Athletics - Colin Bovell**
The University of Bath is one of the top five athletics universities in the UK and produces National and International level athletes year in year out. Head Coach Colin Bovell leads the programme and has had extensive experience in coaching and management for British and university athletics, from National to Olympic level. The athletics programme provides quality coaching across all events and strength and conditioning training for all British Universities and Colleges Sport (BUCS) target level athletes. We pride ourselves on maximising our athletes’ potential.

**Badminton - Pete Bush**
We offer a combination of academic excellence and the opportunity for aspiring badminton players to develop their talent to its maximum potential. Performance players based at Team Bath have dedicated training sessions, top class coaching and access to world-leading support services all under one roof. The badminton programme has a proven track record of developing junior and senior international players including University of Bath graduates Heather Olver, Panuga Riou and European Junior men’s doubles champion Chris Coles.

**Football - Che Wilson**
The University of Bath football programme is a first class environment for elite, recreational and social footballers to maximise footballing potential whilst furthering their education. Whilst the club caters for players of all abilities, the high performance programme (for top tier university football) allows elite footballers to benefit from high class coaching alongside top level support systems in areas such as strength and conditioning, performance analysis and physiotherapy. The programme has also created an exciting partnership with Bath City Football Club, resulting in a Bath City Under 21 Development Squad. Players are provided by the programme to play alongside senior players from Bath City, affording the opportunity to progress into their first team; a route that has been successful for several of the current university squad.

**Hockey - Jody Paul**
Our performance programme for Hockey at the University of Bath has grown in recent years and produced numerous successful individuals and more importantly successful teams. We put a strong emphasis on developing our team/club performance culture where individuals develop as a result. We expect all our athletes to drive their own development and to contribute to the success of the club. We pride ourselves on providing a positive experience for all athletes in the programme.

**Netball - Emily Perry**
Team Bath offers a comprehensive netball programme including social, club and elite netball. The high performance programme caters for those athletes with ambitions to play at the highest level possible and has a track record of developing many Superleague and International level athletes. We have a unique environment where aspiring athletes can train with and against elite-level athletes day in day out, all with the support of reputable international coaches Jess Thirlby, Denise Ellis and Emily Perry. Our team successes include five Superleague titles and three BUSA / BUCS titles.

**Rugby - Aaron James**
The University of Bath performance rugby programme allows players to maximise their playing potential while also continuing their academic studies. Our current programme includes players who have performed well in school/college rugby, many age group international players, but also some Bath Rugby Academy players. Famous University of Bath rugby graduates include, for example, Steve Borthwick, James Hudson, Matt Stevens, Luke Charteris and Tom Heathcote. The performance rugby programme is led by head coach Aaron James, a former London Wasps player and Level 4 Coach, along with coach staff members and an active student rugby committee.

**Swimming - Mark Skimming**
The swimming programme’s goals are for athletes to perform at Senior National and International level, at the same time as studying for your Foundation degree and BSc in Sports Performance. Places within the squads are limited to 34 swimmers; we aim to look after each swimmer and help them achieve their potential. In order for swimming to perform at the BUCS Championships we need swimmers who are ranked highly within Great Britain and preference will go to the highest performers. Since 2009, each year we have had at least one swimmer compete at a major swimming championship from the University programme. In this year-round programme, we work together as a team in training to achieve on an individual and team basis within competition.
Your sport facilities

The University of Bath offers a stunning range of sports facilities, the vast majority of them on one site at the £30 million Sports Training Village on the University’s main campus. Our top class facilities include:

- Newly-upgraded eight-lane 50m London 2012 Legacy swimming pool
- Large and flexible multi-sports hall
- Fully-equipped fitness suite with high performance gym
- Fully-floodlit outdoor athletics track
- A range of outdoor grassed football and rugby pitches
- Two outdoor synthetic hockey pitches, one water-based
- An eight-court indoor tennis complex and a range of outdoor courts
- Indoor running straight and throws and jumps hall
- Judo dojo
- Shooting ranges
- Fencing salle
- Skeleton and bobsleigh push-start track
- The Physio and Sport Science Centre and the Human Performance Centre
- Sauna and hydrotherapy suite
- Hypoxic chambers that simulate altitude training
- Café and meeting rooms

Find out more and take a 360° virtual tour around the facilities at www.teambath.com/facilities

What is Team Bath?

Team Bath is the family of sport, fitness, health and recreation activities taking place under the umbrella of the Department of Sports Development and Recreation at the University of Bath. It covers all aspects of sport from ‘learn to play’ to Olympic champions. The £30 million Sports Training Village is the hub of Team Bath’s sporting offering, featuring an inspirational array of facilities and services on one site.

The University has an outstanding reputation for the quality of its teaching and research. Students at the University have access to some of the best sports facilities in the country, offering a wealth of opportunities that can truly add to their student experience. The University also offers an athlete support programme and a range of scholarships.

Around 250 international level athletes use the University as their main training base, taking advantage of the world-leading facilities and support services.

Ten different sports base either a regional or national squad within our facilities, and we have 10 contracts with National Governing Bodies and National Sport Agencies to provide high-performance services.

We have developed a reputation for our work with elite athletes, but our facilities are also fully available for recreational use and around 1.3 million people make use of the Sports Training Village each year.

www.teambath.com
About Bath

Bath is a great place in which to be a student. The University occupies a purpose-built campus which is safe and friendly with a vibrant international community, excellent student services, outstanding arts facilities and a first-class sports complex.

The campus has open views across the beautiful hills of the West Country but is less than 2km from the World Heritage City of Bath - one of the most elegant and interesting cities in the UK, famous for its Roman baths, medieval Abbey, Georgian squares and sweeping crescents. Bath offers some of the best shopping and cultural attractions outside of London. There is a great selection of restaurants, cafés, bars, pubs and clubs. The city has three theatres, cinemas and many fascinating museums and galleries.

Frequent bus services link the campus, city and major student residential areas. Bath is not far from Bristol International Airport, providing rapid access to international destinations. By train, London is approximately 90 minutes and Bristol only 15 minutes away. You are always connected to your work, your home and your social life when studying.

Key facts

FdSc in Sport (Sports Performance)  
2 years C601

Typical offers

A levels: CCC  
BTEC Level 3 Extended Diploma - MMM  
56 places available  
370 applicants

Contact Us

For more information about this programme, entry requirements and admission, please visit our website: www.bath.ac.uk/study

For further enquiries on entry requirements and admission to the programme, please contact:

Undergraduate Admissions  
Tel: +44 (0) 1225 383019  
Email: admissions@bath.ac.uk

For more information about your relevant performance coach, please contact the Admissions Tutor, James Fern  
Email: j.fern@bath.ac.uk

For more information about Team Bath and our sports facilities, please visit www.teambath.com

Disclaimer: Every effort has been made to ensure the accuracy of this information, but as courses and personnel change over time, this information may also change. It should therefore be treated as a guide rather than a definitive statement.
Getting started with Augmented Reality

1. Download the free Aurasma App from the App store or Google Play store
2. Open your web browser and enter the following URL: bit.ly/bathchannel
3. With the camera view displayed on the screen (click on the 📸 icon), hold your device over an image when you see this symbol: 🎥 Watch the video come to life! Tap the image to play, double-tap to close.

See what our students have to say about studying our Foundation degree in Sports Performance