

# FdSc(Hons) Sport (Sports Performance) (UHHL-AFF30)

## Course and Award Details

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| <b>Course title</b>                    | FdSc(Hons) Sport (Sports Performance)           |
| <b>Route(s)</b>                        | FdSc(Hons) Sport (Sports Performance)           |
| <b>Awarding body</b>                   | University of Bath                              |
| <b>Award</b>                           | Foundation Degree                               |
| <b>Award name</b>                      | Foundation Degree                               |
| <b>Course mode of delivery</b>         | Full time                                       |
| <b>Course length</b>                   | 2 years   |
| <b>Entry point</b>                     | September 2024                                  |
| <b>Main location of study</b>          | University of Bath, Main Campus, Claverton Down |
| <b>Course-owning school/department</b> | Health  |

## Course Description

**Course Summary** Combine your practical sports expertise as an athlete, coach or practitioner, with the advanced study of factors that influence high-performance sport.

**Course Description** If you have experience of, and aspirations to work in, high-performance sport, this course is designed for you.

You'll merge the study of high-performance sport with your own experience as an athlete, coach or practitioner. This will develop your theoretical knowledge of the subject alongside building your practical skills and experience at one of the UK's top sports universities.

Throughout the FdSc, you'll explore sports performance subjects, including:

- physiology
- psychology
- coaching
- sports development.

This will develop your knowledge in areas such as training principles, sport career transitions, performance analysis, and strength and conditioning.

BSc (Hons) one year

On successful completion of the FdSc, you will have the option to continue your studies and progress to the one-year BSc (Hons) Sport (Sports Performance) course.

This builds on the FdSc, allowing you to develop analytical and reflective skills often valued by employers. You'll continue to use your own experiences, as either an athlete, coach or practitioner, as you critically analyse sports performance.

Should you decide not to continue your studies, you will graduate with an FdSc Sport (Sports Performance).

## Taking part in our sports

The University of Bath is home to many athletes and competitors across a range of sports, as well as National Governing Bodies (NGBs). Many students compete within our priority sports teams, and have shown exceptional achievement and potential in both their academic and sporting performance.

Acceptance to this FdSc does not guarantee you a place within our priority sports teams. If you take part in a non-priority sport, then you may consider joining any of the existing Students' Union sports clubs(<http://www.thesubath.com/sport>).

> Watch siblings Jasmine and Jemma talk about playing competitive netball for Team Bath while studying FdSc/BSc (Hons) Sport (Sports Performance) (<https://vimeo.com/771635704>)

## Develop your professional skills

We work to provide you with the skills and support to prepare you for employment and further study, such as:

- communication and interview skills
- CV and cover letter writing
- networking
- career planning

## Informed teaching to advance your learning

You'll learn from experts in sports performance and sports science. Their passion, knowledge and research shape their teaching to enhance your learning experience.

Staff across our Department for Health(/departments/department-for-health) have specialisms in areas such as:

- sport and exercise science
- nutrition and metabolism
- sport management, marketing and media
- coaching and sport performance
- sport policy and international development
- health and physical activity
- research methods

## Prepare for your future

Many of our sport, exercise and health graduates have gone on to work in sport science, public health, exercise medicine and rehabilitation, sports management and sports coaching.

They've worked for organisations such as:

- BUPA
- Cambridge Medical Robotics
- Coaches Voice
- Hawk-Eye Innovations
- MoveGB
- Department of Health & Social Care
- professional rugby union and football clubs

Find out what our graduates go on to do(/guides/what-do-first-degree-bath-graduates-do)

## Contact hours

### Contact hours

Timetabled contact hours, which may be made up of laboratory sessions, lectures, practical sessions, seminars, tutorials and workshops, vary throughout your course and between courses but are typically between 11 and 12 hours a week in your first year.

Our teaching for this course is delivered through in-person learning on campus, supported by high quality online provision. A small proportion of these contact hours may be delivered online, with the significant majority taught on campus. This may be supplemented by additional activities such as a small number of online learning sessions (not live), skills development sessions, and personal tutorials.

The amount of timetabled sessions on campus in later years may vary based on the options you choose, with a greater emphasis on independent learning. Project and dissertation units will generally have fewer scheduled sessions to allow you time for your independent work - this may also mean the number of hours of timetabled sessions each week will vary within a year.

#### Independent learning

In addition to timetabled contact hours, you are expected to undertake independent learning and assessment activities. Typically, this might be around 25 to 30 hours per week in your first year, and include individual research, reading journal articles and books, working on individual and group projects, preparing coursework assignments, presentations, or revising for exams. After your first year, the emphasis on independent learning becomes greater, for example, you may do a final year project in the final year. You'll be expected to work both on your own and as part of a group.

#### Delivery methods

Laboratory sessions  
Lectures  
Online resources  
Practical sessions  
Seminars  
Tutorials  
Workshops

#### Assessment summary

You will be assessed in a range of methods designed to develop and test your skills and knowledge.

In the FdSc, 80% to 90% of assessment will be through coursework, this may include written assignments and presentations. The remaining 10% to 20% will be through examinations.

In the BSc year, 100% of assessment will be through coursework. This will include written assignments, oral presentations, and your dissertation.

The balance of assessment methods may vary throughout your degree.

You will primarily be assessed as an individual but may also be assessed as part of a group.

We can make reasonable adjustments to assessment procedures for students with disabilities, take a look at our Disability Service's pages(/professional-services/disability-service/) for information.

#### Assessment methods

Examinations  
Presentations  
Coursework  
Essay

### Course Assessment Regulations

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| <b>Applicable Assessment Regulations</b> | NFAAR-FD - <a href="https://www.bath.ac.uk/publications/nfaar-fd-and-appendices/">https://www.bath.ac.uk/publications/nfaar-fd-and-appendices/</a> |
| <b>Exemptions from Regulations</b>       | N  |
| <b>Weighting of each Study Year</b>      | N/A  |
| <b>Is this Course</b>                    | NA   |

## Course Structure

### Year 1

| Period of study | Module code | Module title                       | Module status             | Level                      | Credits | Option choice rules |
|-----------------|-------------|------------------------------------|---------------------------|----------------------------|---------|---------------------|
| AY              | HL00000     | Academic integrity training & test | Extra                     | Foundation (FHEQ level 3)  | 0       |                     |
| AY              | HL12002     | Sports performance seminar         | Part 2 Stage 1 Compulsory | Certificate (FHEQ level 4) | 10      |                     |
| AY              | HL12003     | Introduction to research methods   | Part 2 Stage 1 Compulsory | Certificate (FHEQ level 4) | 15      |                     |
| AY              | HL12004     | Science of sports performance      | Part 2 Stage 1 Compulsory | Certificate (FHEQ level 4) | 15      |                     |
| S1              | HL12005     | Introduction to sports psychology  | Part 2 Stage 1 Compulsory | Certificate (FHEQ level 4) | 5       |                     |
| S1              | HL12007     | Management of sports performance   | Part 2 Stage 1 Compulsory | Certificate (FHEQ level 4) | 5       |                     |
| S2              | HL12006     | Introduction to sports coaching    | Part 2 Stage 1 Compulsory | Certificate (FHEQ level 4) | 5       |                     |
| S2              | HL12008     | Introduction to sports development | Part 2 Stage 1 Compulsory | Certificate (FHEQ level 4) | 5       |                     |

### Year 2

| Period of study | Module code | Module title  | Module status             | Level                       | Credits | Option choice rules |
|-----------------|-------------|---|---------------------------|-----------------------------|---------|---------------------|
| AY              | HL22009     | Advanced research methods                             | Part 3 Stage 2 Compulsory | Intermediate (FHEQ level 5) | 10      |                     |
| AY              | HL22010     | Contemporary issues and applied professional practice | Part 3 Stage 2 Compulsory | Intermediate (FHEQ level 5) | 15      |                     |
| AY              | HL22011     | Talent identification and development                 | Part 3 Stage 2 Compulsory | Intermediate (FHEQ level 5) | 15      |                     |

**Title** Year 2 Options

**Total credits in this study yr** 20

**Overview of options in this study yr** In your FdSc Year 2, you will study 20 credits of optional units. You will study two 5 credit optional units in semester 1 and two 5 credit optional units in semester 2.

These options will cover a range of sport, exercise and health topics, such as:

- sports psychology
- coaching
- sports nutrition
- sports development
- strength and conditioning
- performance analysis

## Learning Outcomes

**By the end of the course, you will be able to**

|   | <b>Knowledge and Understanding</b> | <b>Intellectual Skills</b> | <b>Professional and Transferable Skills</b> | <b>Placement</b> | <b>Study Year Abroad</b> |
|---|------------------------------------|----------------------------|---|------------------|--------------------------|
| Identify and critically interpret the factors underpinning successful sports performance using a range of different perspectives, such as physiological, psychological, pedagogical, social and developmental | ✓                                  |                            |   |                  |                          |
| Discuss the role and functions, from the perspective of the sport performer and/or other stakeholders, of multi- and inter-disciplinary practice and teams in supporting sports performance                   | ✓                                  |                            |   |                  |                          |
| Synthesise findings from sports performance-related research and establish how relevant findings can be applied in sporting and/or workplace contexts   | ✓                                  | ✓                          |   |                  |                          |
| Apply subject specific knowledge and understanding to working with athletes within multiple sporting contexts from a range of stakeholder perspectives  | ✓                                  | ✓                          | ✓   |                  |                          |
| Analyse, evaluate and reflect upon one's own sports performance, as well as the sporting performance of others  | ✓                                  | ✓                          |   |                  |                          |

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| Discriminate between different sources of information to review and synthesise evidence, and use it to develop logical arguments and justify conclusions                                     |   | ✓ | ✓ |
| Plan effective strategies to improve sports performance, drawing on creative approaches where relevant   | ✓ | ✓ |   |
| Develop strategies to work independently and/or as part of a team, manage time, prioritise workloads, and utilise long- and short-term planning skills                                       |   | ✓ | ✓ |
| Communicate complex information in a clear and concise manner to academic and non-academic audiences, using a range of appropriate methods   |   |   | ✓ |
| Present, evaluate, and interpret data in order to develop persuasive arguments and make appropriate judgements in both sporting and workplace contexts                                       |   | ✓ | ✓ |
| Proactively analyse, and propose solutions to, challenges in a range of sporting and non-sporting contexts   | ✓ | ✓ | ✓ |
| Operate effectively and ethically within a professional sports performance context, recognising and adapting to the effects of ongoing changes and challenges within the broader environment | ✓ |   | ✓ |

### Alternative Courses and Exit Awards

**Designated Alternative Courses (DAC) and exit awards**

This course has no designated alternative course (DAC).  
Exit awards:  
Certificate of Higher Education

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