



BISHOP
GROSSETESTE
UNIVERSITY

Sport, Coaching & Physical Education

BSc (Hons)



Why study at BGU?

We're one of only a handful of universities in the UK to have been awarded a TEF GOLD award for the excellent quality of our teaching

Our student accommodation has been ranked 6th in the UK by student reviews on WhatUni in a recent survey

97% of our students are in work or further study within 6 months of graduating, and our careers team will support you long after you graduate

Our self-contained campus is a safe and secure environment in which to live and study, and Lincoln is an extremely student-friendly city



Hello

CONTENTS

SPORT, COACHING & PHYSICAL EDUCATION AT BGU	4
MODULES	6
WHAT WE OFFER	10
YOUR FUTURE	12
WHY BGU?	14
WHAT HAPPENS NEXT?	18
WHERE ARE WE?	19

Sport, Coaching & Physical Education at BGU

During the study of Sport, Coaching & Physical Education at BGU you will gain understanding in the complexities of this subject, including; the development of sport; how performance can be enhanced and how it can be managed and led. This course is designed to develop your knowledge and understanding of sport, coaching and physical education.

Sports coaches and physical educators have the opportunity to impact significantly on the lives of those they are supporting and this requires thoughtful, innovative and informed practitioners which this degree aims to develop.

A key feature of the course is its integration of applied professional practice with theory. You will examine academic subjects and develop your critical skills in a variety of practical settings. This may include working alongside professional coaches in elite settings or examining issues linked to sport and physical education provision in schools. Our links with local sports partnerships, governing bodies, professional sports clubs and UK Coaching provide exciting work placement and career opportunities. Our staff are also involved in exciting research projects, developing knowledge and professional links that students can access.

For full details of all of our courses, including combinations, module details, entry requirements and much more, visit bishopg.ac.uk/courses





On the course we do a lot of coaching, covering a wide variety of sports. With every activity we're learning how to teach sports to children, ensuring they gain a knowledge of all the fundamental and basic motor skills. It's been really surprising how in depth the course is, taking actions you assume are simple and breaking them down to show the skills involved."

Laura

Sport, Coaching &
Physical Education

KEY FACTS

AWARD: BA (Hons)
Single Honours

DURATION: 3 years full-time

START DATE: September

TYPICAL OFFER:
96 – 112 UCAS tariff points

INSTITUTION CODE: B38



“

I would highly recommend the course and feel the opportunities provided with local school links created unbeatable experiences.”

Jess

Sport, Coaching and Physical Education

Sport, Coaching & Physical Education modules

At BGU you can study Sport, Coaching & Physical Education as a **single** honours degree, giving you an in-depth knowledge of the subject. Depending on your year of entry, options and any potential course combinations, you may study some or all of the following modules in Sport, Coaching & Physical Education at BGU.

For full details of all of our courses, including combinations, module details, entry requirements and much more, visit bishopg.ac.uk/courses

Year 1

Anatomy and Physiology in Sport and Exercise

This module provides both understanding and practical experience of laboratory-based exercise physiology assessments for testing and research. Human conditioning will be covered, alongside the regulation and integration of multiple physiological systems during exercise, the adaptations to exercise training, and specific challenges placed upon them during exercise in environmental extremes.

Fundamentals of Sports Coaching

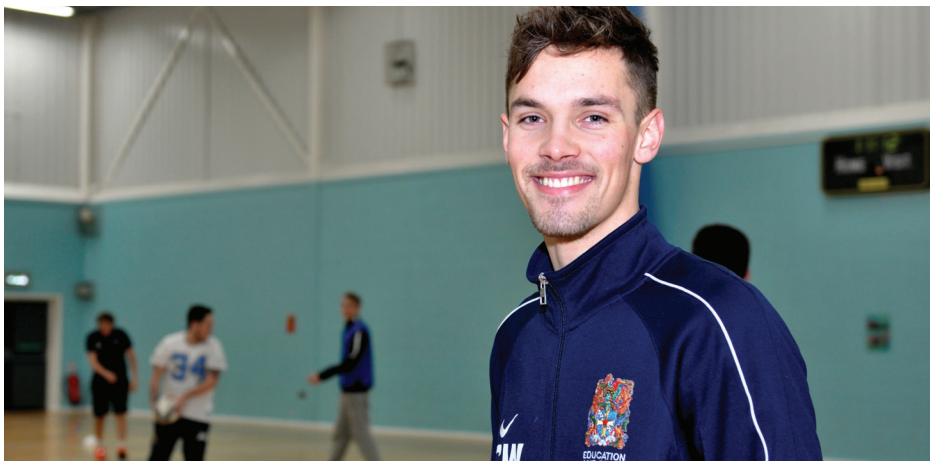
The module will develop your awareness of the UK sports coaching industry, the roles of a coach and the coaching process alongside differences in coaching practice. You will then deliver a sport specific coaching session to other students within your group and adopt self-reflection processes evaluating the effectiveness of their coaching and the session.

Young People and Physical Activity

During this module, you will gain theoretical and practical understanding of the physical, social and psychological benefits of physical activity for young people. Through investigating physical activity prescriptions, levels and key exercise interventions, you will also gain a breadth and depth of understanding of the barriers young people face towards exercise and physical activity.

Sport and Physical Education

This module will include a study of the nature of sport in education and will provide an introduction to the application of Physical Education (PE) in a variety of educational settings. You will be introduced to key issues in PE such as inclusion, assessment, cross-curricular learning, citizenship and lifelong learning.



Year 2

Adapted Physical Activity, Sport and Disability

During the course of the module you will examine the concept of adapted physical activity and sport. It will develop your understanding of related terminologies and present the laws affecting the rights of individuals with disabilities within the context of physical activity and sport opportunities.

Research Methods In Sport and Exercise

This module will focus on equipping you to undertake a small-scale ethically approved research project. You will explore how research enquiry in sport can lead or inform thinking and practice before being introduced to the value, processes, research design and methods of both quantitative and qualitative research in sport.

Health, Fitness and Wellbeing

The module begins by providing you with an understanding of the role of exercise in promoting health, fitness and wellbeing. You will then proceed to examine the relationship that diverse individuals have with exercise and physical activity and focus on psychological, environmental and social factors that influence and impact upon health and wellbeing.

Sports Development, Promotion and Leadership

During the course of this module you will be introduced to the historical development and promotion of sport and exercise in the UK. You will investigate current development and promotional projects operated by organisations such as the Sport England, Lincolnshire Sports Partnership, Youth Sport Trust and Lincoln City Council.

Professional Contexts

This module is structured in an open-ended way to allow a placement project to be developed which is most suited to your potential future career and to respond to opportunities presented by employers. You will gain valuable experience of conducting an applied research project in a real-life work-related situation which captures the challenges and uncertainties of the workplace environment.

Physical Education and Coaching Pedagogy

This module will include the evolution and development of the PE National Curriculum, lesson planning, practical organisation, inclusion and differentiation in the physical environment. It aims to introduce a range of teaching strategies, which can be used in PE and will provide the opportunity for you to create an appropriate teaching environment for learners to acquire physical, emotional and social skills.

Year 3

Active Lifestyles

You will be provided with a detailed overview of how modern lifestyles have reduced the physical demands placed upon us both in our domestic activities and the workplace across the lifespan. The module explore how the growing public awareness of the benefits of physical activity in the promotion of wellbeing has not prevented the population in general from adopting an increasingly sedentary lifestyle.

Contemporary Issues in Sport and Physical Education

In this module, you will study the contemporary social, cultural, political and ethical issues in sport and physical education. You will select research issues which may include for example debates surrounding notions of 'policy', 'inclusion', 'deviance' 'equity' and 'identity' in relation to sport, coaching and physical education.

Analysis of Coaching and Performance

During the course of this module, you will be provided with a detailed overview of the history and development of performance analysis in sport and address what performance analysis is used for, on who and why. It will provide you with an insight into the links between performance analysis and the coaching process.

Dissertation

This module will focus on equipping you to undertake an ethically approved research project. It will provide an understanding of the significance and limitations of theory and research as well as enabling you to have the ability to articulate your own preferred learning styles and strategies and actively manage your development to organise an effective work pattern including working to deadlines.

Measurement and Evaluation in Sport and Exercise

You will begin this module by exploring both the qualitative and quantitative research paradigm and you will develop further knowledge of how to conduct proper measurement techniques. The module will involve you in the measurement of a number of parameters of kinanthropometry in a laboratory setting.



I really enjoyed my placement in sport as it lead into a part-time job with a local company.”

Zak

Education Studies and Sport

What we offer

Delivery

There is no one-size-fits-all method of teaching at BGU – we shape our methods to suit each subject and each group, combining the best aspects of traditional university teaching with innovative techniques to promote student participation and interactivity.

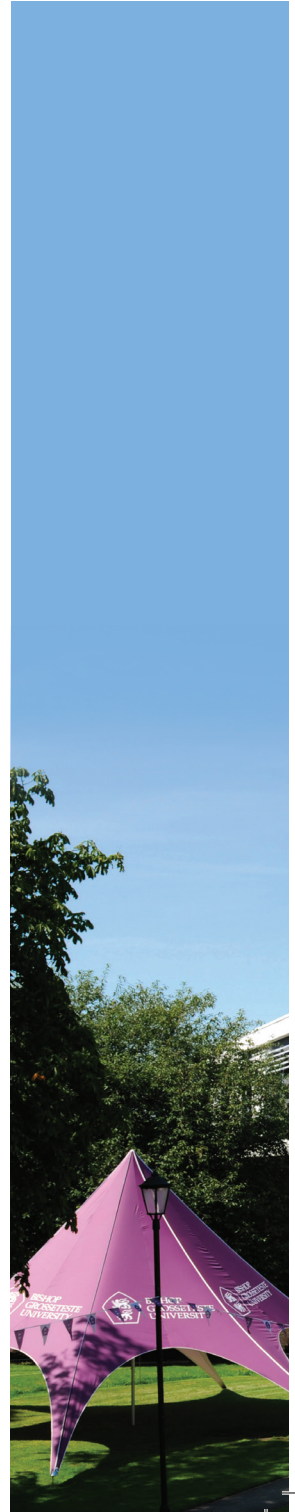
You will be taught in a variety of ways, from lectures, tutorials and seminars, to practical workshops, coursework and work-based placements. Small group seminars and workshops will provide you with an opportunity to review issues raised in lectures, and you will be expected to carry out independent study.

Placements are a key part of degree study at BGU. They provide an enriching learning experience for you to apply the skills and knowledge you will gain from your course and, in doing so, give valuable real-world experience to boost your career.

Assessment

We recognise that individuals come from a wide range of backgrounds and experiences, so we use a variety of assessment strategies on our courses.

In Sport, Coaching & Physical Education we use a variety of imaginative approaches to assessment that enable you to utilise your strengths. Over the course of your studies, you could expect your assessment to include presentations, multimedia reports, displays, portfolios, individual research projects, essays, exams and work in the Human Performance Laboratory. We recognise that individuals come from a wide range of backgrounds and experiences, and accordingly use a wide range of assessment strategies. You can expect to be guided and supported carefully in your first year, gradually becoming more independent as the course progresses.



Support

Studying at BGU is a student-centred experience. Staff and students work together in a friendly and supportive atmosphere as part of an intimate campus community. You will know every member of staff personally and feel confident approaching them for help and advice, and staff members will recognise you, not just by sight, but as an individual with unique talents and interests. We will be there to support you, personally and academically, from induction to graduation.

“

Getting to experience multiple coaching and volunteering opportunities, in many different and inclusive sports – Goalball, Tag Rugby, High-Five Netball and Wheelchair Basketball – to name but a few.”

Laura

Sport, Coaching and Physical Education



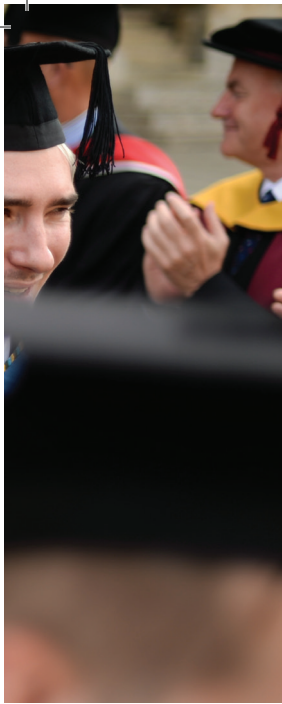


Your future

Our students have excellent rates of employability when they graduate from BGU, which is great news for you as it means that you can study for a degree knowing that your future is in safe hands. Our employability rates are extremely important to us here at BGU, which is why we offer placement opportunities as an integral part of our courses.

In Sport, Coaching & Physical Education we prepare you for a broad range of sport-related jobs in such areas as sports development, adventure education, physical activity

and health, sports coaching, fitness and recreation industry, school sports coordination, armed forces, youth work and postgraduate research. By the end of the course, you will have developed a range of practical and transferable skills that are underpinned by excellent subject knowledge, meaning you will be well-prepared for your chosen future career. In the past our graduates have begun careers as Sports Coaches, Personal Trainers, as Physical Education Teachers (Primary and Secondary), in the field of Youth Work or within Sports Development.



Take a look at
what qualities
and skills you'll
develop as a
BGU student
[bishopg.ac.uk/
graduate-attri
butes](https://bishopg.ac.uk/graduate-attributes)

“

Joining the Rugby Society was such a big turning point in my university journey. It was the best decision I made. Going through university with a group of like-minded friends playing a sport we love made my time at university so much more enjoyable.

Matthew,
Education Studies
and Sport



Why BGU?

Here at BGU we've been providing first-class education to students for over 150 years. We're based in the heart of historic Lincoln, a beautiful and extremely student-friendly city.

Navigating around Lincoln on foot is simple, from the cobbled streets uphill to the modern city centre and waterfront downhill.

We're located uphill on an attractive, leafy campus just a few minutes' walk from Lincoln's medieval Cathedral, Castle and Bailgate area.

With plenty of live entertainment, cultural attractions and nightlife hotspots, there's plenty to keep you entertained, uphill and downhill.

Visit [**bishopgates.ac.uk/lincoln**](https://www.bishopgates.ac.uk/lincoln) to find out what's on offer in Lincoln.



“

BGU was always my first choice when considering universities. Everything about it is beautiful, from the leafy green trees to red brick buildings – and everything on the inside is just amazing.”

Sian

English Literature

As a single-site campus, just about everything you need is close by, whether it be your tutors, your friends, your lectures or the places in which you like to relax.

Our students are some of the happiest in the UK, which is incredibly important to us. We really care about our students and aim to support them all of the way through their studies, from application to graduation.

People often say that there's something special about BGU, that the people really care. There's a warm and friendly feel to life here, and we do everything possible to look after our students however we can.

Studying as part of a close-knit community, you'll get to know staff personally and feel confident in being able to approach them for help and

Explore what we have to offer on our campus at bishopg.ac.uk/campus

“

I came here on an Open Day and really loved it. My first impression at the Open Day was that I really liked it because it was smaller – you go to some universities and they are really massive, scary big city campuses, but here I felt really comfortable.”

Hayley
Education Studies



advice. Staff will recognise you - not just by sight but as an individual with unique talents, interests and needs. We'll be there to support you, academically and personally, from the day you start until long after you leave.

Life after BGU is extremely important and we offer many different methods

of support for your future career. This, alongside our talented graduates, is one of the reasons that we consistently achieve impressive employability figures.

This is great news for you as you'll be able to study at BGU knowing that your education is in safe hands!

There's no better way to really get a feel for what BGU has to offer than by coming to visit us. To book your place now visit **bishopg.ac.uk/opensdays**



The family feel is exactly why people should study at BGU. BGU becomes your home regardless of your age or background. In fact, I felt such a connection with the University on my first visit that I went to five Open Days before I started my BA. I wanted to be part of BGU straight away and I know it will stay with me forever.”

Kate

Drama in the Community
& MA in Education

What happens next?

Open Days

So you've found a course you're interested in - what next? We feel very strongly that coming along to visit us on an Open Day is the very best way to find out everything about BGU.

A BGU Open Day is designed with you in mind, to give you a taste of what it's like to live, study and work here. We try to make everything as easy as possible for you, so you can relax and enjoy the day. You'll have the chance to explore the campus and surrounding area,

speak to members of academic staff about the courses you're interested in, look around our accommodation, and get any questions you may have answered.

Book your place on our next Open Day now - visit **www.bishopg.ac.uk/opendays**

If you think you'd like to apply, need more information or just want to speak to somebody about your options, contact our Enquiries team by calling **01522 583658** or emailing **enquiries@bishopg.ac.uk**




Ready to apply? Brilliant. We can't wait to receive your application! For the majority of our courses you will apply through UCAS – visit **www.bishopg.ac.uk** for all the information you will need. And don't worry – if you need help with anything, from UCAS scores to personal statements, we're here to help. Our dedicated team are ready to answer your queries and questions.

The contents of this booklet are correct at the time of going to print (January 2020). For full and up-to-date information on all of our courses, visit **bishopg.ac.uk**

Where are we?



Airports close to BGU

-  Humberside
-  Doncaster
-  Nottingham East Midlands

Where	Road	Rail
Sheffield	55 miles	1hr 20m
Nottingham	39 miles	55m
Leeds	77 miles	2hrs
York	69 miles	1hr 45m
London	144 miles	2hrs

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enquiries@bishopg.ac.uk

“

I'd say the best thing
about BGU for me
is the course. I was
never good at exams
and I hated school
all the way through,
but now I've come to
university I've been
much happier and I've
done better than I ever
thought possible.”

Georgina
Theology

@BGULincoln

