

# SPORTS COACHING AND DEVELOPMENT

## FOUNDATION DEGREE

### WHO IS THIS COURSE FOR?

This course is perfect for those who are practically orientated and are seeking to pursue a career in sports coaching, instructing or teaching. The course consists of a mixture of theory and practical lessons, with numerous opportunities for students to apply and develop the skills and techniques required in the workplace. This course aims to develop excellent coaches who innovate, inspire and make a positive impact on the health and wellbeing of their participants.

### WHAT WILL YOU STUDY?

The modules on this course cover a broad range of topics that are particularly relevant to working as a Sports Coach or Instructor. The overall objective of the programme is to enable students to approach all units with their future career in mind, and then for students to tailor what they produce in assessments to reflect this. Assessments are designed to reflect actual scenarios that students may face in their careers, and allow them to demonstrate how they could apply theory to practice in order to gain excellent results. The modules studied include;

- *Sports Development*
- *Anatomy and Physiology*
- *Nutrition*
- *Fitness training and programming*
- *Sports Coaching (Practical)*
- *Coaching Theory*
- *Personal Development*
- *Performance Analysis*
- *Event Management*
- *Research Methods*
- *Coaching Children*
- *Work Placement*

### HOW CAN YOU APPLY?

You should apply through UCAS, course code CX61 (campus code E).

You will need: 60 UCAS Tariff Points from a minimum of one 6-unit qualification. We welcome applicants with other qualifications or relevant experience to apply. Individual offers may vary.

To discuss your application please contact  
**Higher.Education@Sussexdowns.ac.uk**

QUALIFICATION

**FdA**

CAMPUS:

**EASTBOURNE**

**60**

UCAS POINTS

This is the minimum  
UCAS Tariff points you  
will need when applying  
for this course.

UCAS COURSE  
CODE:

**CX61**



## WHAT CAN YOU DO AFTER THIS COURSE?

You will achieve a Foundation Degree (FdA) in Sports Coaching and Development. All higher education courses at Sussex Downs College focus on improving the employment prospects of graduates.

Curriculum content is designed to cover the knowledge and skills that employers are looking for. Learning and teaching strategies reflect the workplace and students are prepared for employment through various methods including work placements, assessment tasks that mirror industry and career and personal development planning.

The course can prepare you for a range of opportunities in the sports and leisure industry. You may also be able to progress to a full Sports Coaching degree programme at the University of Brighton or another institution.

The National Students Survey for 2016 showed overall student satisfaction at

# 87%

This is above the sector average and the highest for college based Higher Education in Sussex.