

Hertfordshire Higher Education Consortium

Sports Studies

- Foundation Degree



Foundation Degree

What is a Foundation Degree?

Foundation Degrees are university level degree courses that offer an exciting work-based alternative to the traditional university route. They are:

- A stand-alone recognised qualification.
- Equivalent to studying the first two years of an honours degree programme.
- Highly valued by employers.

How does this work?

Foundation Degrees in Hertfordshire are accessible through your local college, as part of the Hertfordshire Higher Education Consortium*. On graduation you will be awarded a University of Hertfordshire validated degree, and depending on your chosen course you even get letters after your name... FdA, FdSc.

Benefits to studying a Foundation Degree

- **real-life projects** which enable you to gain valuable work experience whilst allowing you to apply your skills and knowledge.
- **support** that's available throughout your course from tutors and advisors in College and mentors in your place of work.
- **affordable** because you can choose from one of four colleges to study at you will never be far from home, saving you money on living costs.
- **funding** through student tuition fee loans will cover the cost of your programme – so there's nothing to pay up front.

Who can study a Foundation Degree?

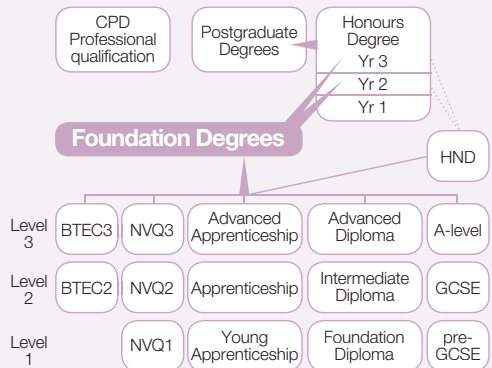
Foundation Degrees are suitable for all kinds of candidates including:

- Those with Level 3 qualifications (eg A Levels, Advanced Apprenticeships, BTECs, Access to Higher Education or City & Guilds).
- Those looking for a change in career.
- Those already employed but wanting to gain a Higher Education qualification either to progress their career or other aspirations.

What can I do with my Foundation Degree?

That really is up to you! Your degree will ensure that you are well equipped to start your career path and research shows that those with a Higher Education qualification earn 25% more than those without! However, if you have a taste for learning you can 'top-up' your Foundation Degree to a BA or BSc honours degree.

How do Foundation Degrees fit with other qualifications?



Hertfordshire Higher Education Consortium*

The Hertfordshire Higher Education Consortium is a partnership between the University of Hertfordshire, Hertford Regional College, North Hertfordshire College, Oaklands College and West Herts College.

The consortium provides innovative, high quality courses that support vocational higher education. Students get the best of both worlds – the benefits and support of studying at college, and access to University facilities including the libraries (LRCs), athletic and student unions all social activities, careers support and much, much more.



The table shows the structure of the Foundation Degree in Sports Studies – illustrated as a full-time programme.

Year One	Semester A	Social Aspects of Sports and Exercise (15 credits)	Sports Industry Management (15 credits)	Performance and Movement Analysis (15 credits)	Coaching Sports, Exercise and Fitness (30 credits)
	Semester B	Professional Development for the Sports and Exercise Industry (15 credits)	Fundamentals of Sports Development (15 Credits)	Sports Marketing (15 credits)	
Year Two	Semester A	Sports Event Management (15 credits)	Research Skills for Sports Studies (15 credits)	Principles of Sports Science Support (15 credits)	Work Based Learning Project (30 credits)
	Semester B	Socio-Cultural Dynamics of Sports and Exercise (15 credits)	Sports Health and Exercise Issues (15 credits)	Applied Coaching Techniques (15 credits)	





The programme has been created in partnership with the University of Hertfordshire and will develop skills directly relevant to the needs of the sports industry. Local employers are central to the support and delivery of this programme, enabling students to complete a work based learning project.

Year 1 modules – Semester A

Social Aspects of Sports and Exercise

This module introduces key sociological concepts, theories and research relevant to current issues within sport and exercise. The importance of sociology within the interdisciplinary study of sport provides the focus of this module with the social nature of sport emphasised. Students will examine a range of social behaviours associated with participation in sport and exercise.

Performance and Movement Analysis

This module examines the physiological systems at work within the human body during sport and exercise movement patterns. Learning will take place through lectures and laboratory/field based practicals supported by workshops in order to deliver theoretical knowledge and allow students to demonstrate understanding in relation to practical settings. Students will undertake field based assessments of various sports movements using qualitative and quantitative data measurements, and subsequently evaluate these performances against technical standards.

Sports Industry Management

The aim of the module is to provide a broad introduction to management within the sports industry sector. The module will provide an overview of the nature of the contemporary sports industry, particularly within the United Kingdom. Students will be able to examine how a sports organisation is structured and consider the practical application of a variety of management and leadership theories.

Entry requirements

48 or more UCAS points which must be made up of at least one full GCE A level (A2), a BTEC National Diploma/Certificate or equivalent, and GCSE Maths and English Language at grade 4 or above. We also consider applications from those returning to study with equivalent qualifications or with relevant work experience.

If English is not your first language, you will need an IELTS score of 6.0 or 80 IBT or equivalent.

How to apply

Applications are to be made through UCAS – **www.UCAS.com**. Institutional Code: Herts H36.

How will I be assessed?

The programme is assessed through a combination of coursework, exams, presentations, vivas and work based projects. Students are expected to achieve 40% in each assessment to gain unit creditation.

What will I learn?

This course covers a range of sports themes and its modules are set around Sports Coaching, Sport and Fitness Development, Sports Management, and the disciplines that support sports performance. This course will provide a mixture of academic skills and has a strong emphasis on developing practical, workbased learning skills. The coaching modules are taught at the outstanding Hertfordshire Sports Village on the de Havilland Campus at the University of Hertfordshire. A brief outline of what you will study in each module is detailed on the following pages.

Progression routes

Students who pass the FDis Sc Sport Studies can progress to BSc (Hons) Sports Studies. In order to progress you must be awarded the Foundation Degree. Eligibility into the final year of the BSc (Hons) Sport studies degree requires an average grade of 60% from all modules studied in the second year of study only.



Coaching Sports, Exercise and Fitness

The module will introduce the concepts of coaching and physiological testing alongside the underpinning theories and principals involved in coaching a range of sports, exercise and fitness movements. These theories will be reinforced through practical sessions and coach shadowing. Students will be required to produce an action plan for their own development following coach shadowing, and to administer and participate in fitness testing protocols and interpret the findings of these with an appreciation of the relevance of these to the practicing coach.

Year 1 modules – Semester B

Professional Development for the Sports and Exercise Industry

This module explores the sports and exercise industry and the work opportunities that exist within it. Students will develop a personal skills portfolio and reflect upon and analyse their personal skills sets. Students will be encouraged to enhance their portfolio of skills through engagement with employment opportunities and employers. In addition students will explore further learning opportunities to support progression within the sports and exercise industry. Students will identify a relevant job opportunity and will follow appropriate application processes to enable them to appreciate industry specific requirements.

Sports Marketing

Utilising contemporary sporting environments, students will develop an understanding of how marketing theory is applied in a sporting environment, using research to develop realistic solutions to marketing challenges. This module will be about recognising the importance of the role of marketing in driving success and delivering results for a sports organisation. It provides the knowledge and understanding of the function and principles of marketing. It outlines an understanding of how external environmental influences affect planning and decision making. It outlines the elements of the marketing mix and how these are applied to meet market and customer needs.

Fundamentals of Sports Development

This module will provide students with an insight into the emerging importance and growth of sports development, and the role it plays in promoting sport both nationally and locally. Students will research specific initiatives to appreciate the significance of these to the sporting community.

Work Based Learning Project

Coaching Sports Exercise and Fitness module continues into and throughout semester B.



Year 2 Semester A Modules

Principles of Sports Science Support

This module will allow the students to understand how the sport science sub-disciplines of nutrition and psychology can be used by sports coaches to help support and improve performance. This will include explaining the functions of the different nutrients and identifying the nutritional strategies that can be used by performers. Students will also investigate psychological theories and strategies that can be applied to sports performance settings.

Research Skills for Sports Studies

The aim of this module is to prepare students to understand and appreciate the relevance of research paradigms used within a sporting context. The areas of research will be focused within the modules studied. This module has the dual intention of preparing progressing students for further study at undergraduate level but also to prepare completing students for a workplace environment, which will require them to understand and utilise appropriate research techniques.

Sports Event Management

The nature of the module is to develop upon the knowledge and skills acquired in Sport Industry Management and Sport Marketing module at Level 4. Students will be introduced to the Sports Events sector and explore a variety of different types of sports events and the associated managerial processes and practices. The nature of the module is to develop the knowledge and skills acquired in Sport Industry Management and Sport Marketing modules at Level 4 to enable student to conceptualise a sports event. They will study the temporary and unique nature of sports events.

Work Based Learning Project

This module builds upon the Professional Portfolio Development for Sport and Exercise module undertaken at Level 4. The Work Based Learning Project module will provide students with an opportunity to expand, develop and apply their

knowledge, understanding and skills learnt on the programme with an employer in a work-related situation. The amount of time spent in a work situation carrying out the project will be negotiated between the student, employer and College.

Year 2 Semester B Modules

Applied Coaching Techniques

The module will facilitate students in the further development of coaching philosophies which are relevant to their practice. This will involve the deeper examination of coaching theory and principles, and reflection upon their own practice. Students will be required to plan, deliver and evaluate their own applied sports coaching sessions.

Socio-Cultural Dynamics of Sports and Exercise

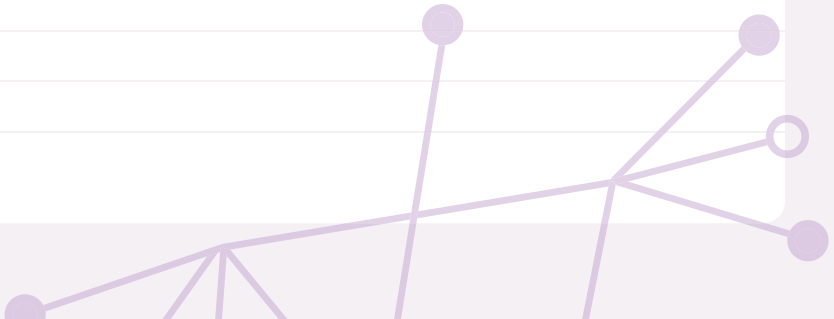
This module is designed to provide students with the opportunity to gain knowledge and understanding of the different cultures and societies related to a diverse range of contemporary activities. It will enable the students to gain an awareness of their own skills in leadership, teamwork and other related personal skills as well as the implications these activities have on the surrounding socio-cultural environments.

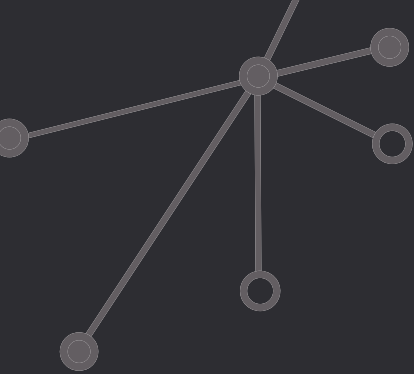
Sport, Health and Exercise Issues

This Sports module aims to provide an understanding of the importance of sport, health and exercise and associated contemporary issues in society. The module will focus on the importance of sport and physical activity to maintain health and promote an active lifestyle, whilst simultaneously examining the principal risk factors to health and assessing the relevance to specific demographic groups.



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For further information

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