

# BSc (Hons) Sport & Physical Education (with Foundation Year)

UCAS Code: C603 | Duration: 4 years | Full-time | Carmel College and Hope Park | 2019/20



## Course Overview

Our Sport and Physical Education with Foundation Year degree helps you gain in-depth knowledge about the effect of sport, physical education and activity on individuals and society as a whole. The degree will allow you to explore the impact of sport at the individual, team, organisational and wider community level, from grass roots through to the elite. The Foundation Year is a great opportunity if you have the ability and enthusiasm to study for a degree, but do not yet have the qualification level required to enter directly onto our Sport & Physical Education degree.

Studying Sport and Physical Education with Liverpool Hope University gives you a skills-based theoretical, practical and applied experience which is underpinned by a foundation in subject knowledge and research skills. These include applied and theoretical approaches to sport psychology, performance and technique, sport analysis, sport management, sociology and history, and coaching science and development.

During your degree you will be taught by a team of lecturers who are experts in their field and widely published academics. You will also have full access to the multi-million pound, state-of-the-art Health Science Building and Sports Complex at Hope Park, incorporating a running track, dedicated research space and new teaching laboratories. Carmel College also has excellent facilities including the Fitness Suite and 3G pitches.

## Entry Requirements

The standard offer level is 72 UCAS Tariff Points. Applicants to degrees with a foundation year must have already completed their Level 3 qualifications and achieved a minimum of 72 points.

UCAS Tariff points can be made up from a range of qualifications. There may be some flexibility for mature students offering non-tariff qualifications and students meeting particular widening participation criteria.

## Fees and Additional Costs

For the Foundation Year element of your degree, fees for 2019/20 will be £6,250.

For the remaining 3 years of your degree, taught at Liverpool Hope University, you will be charged the full Undergraduate fee each year.

On top of your tuition fees, you will need approximately £200 to cover the cost of any fieldtrips and to buy core textbooks for the degree.

You will also need to consider the cost of your accommodation/travel each year whilst you study at university.

Visit our accommodation webpages for further details about our Halls of Residence: [www.hope.ac.uk/halls](http://www.hope.ac.uk/halls)

## Work Placement Opportunities

You will have the opportunity to gain annual summer employment and full-time graduate positions in North America with one of Liverpool Hope University's partner companies in America and Canada.



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## CONTACT

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# Sport & Physical Education with Foundation Year BSc (Hons) Curriculum

## Year One

In this foundation year, you will study within the University Centre at Carmel College. Topics studied include Musculoskeletal System, Cardiovascular System, Biomechanics, Skill Acquisition, Exercise Physiology and Professional Development in the Sports Industry.

You will also build on your study skills so that you will be well equipped to continue your academic studies at Hope Park.

Your Foundation Year will culminate in a project of your devising.

## Year Two

Your second year provides you with the knowledge of the key sub disciplines that underpin Sport and Physical Education. You will study the psychology of sport, sport sociology, coaching and teaching, motor behaviour and sport management. Within coaching and teaching, you will explore the four main principles of coaching: talent ID, development, children and young people, and community.

The sport sociology and history element will focus on the codification and history of sport, and the development of sport in the community. Within sport psychology, key theories such as motivation, confidence and personality will be assessed in relation to their impact on participation and performance. You will also explore motor control and explore how skilled movement is produced, learned and developed.

You also study the fundamentals of anatomy and physiology and movement science.

## Year Three

In your third year, you will broaden your knowledge of sport and physical education using the same sub disciplines. In sport sociology, the key

contemporary issues of globalisation and commercialisation of sport are assessed. Additionally, there is a focus on the role of outside agencies, such as the media, and the management and governance of sport.

In coaching and teaching, guidelines and strategies for physical activity are investigated, with specific focus on the National Curriculum and school sport. The coaching element supplements this and begins to look at approaches to training for specific sports. Sport Psychology covers themes centred on health and wellbeing and their impact on sport performance, participation and well being. The motor control unit centres on attention and its effect on both performance and learning.

## Year Four

In your final year, you hone your subject-specific research interests by completing a dissertation in one of the sub discipline areas. This is closely supervised by an expert and research active member of the team. In the taught component of the course, there is an increased focus on critical analysis. In sport psychology, you learn about psychological skills training, and how this can enhance preparation and sport performance. This will be supplemented later in the year with a block of psychology focused on mental health and well being, including social support, effective career transitions and perfectionism.

The sociology element highlights contemporary issues in sport, such as anti-doping. The coaching block examines diverse populations and the roles of the coach in supporting athletes, clubs and sport governing bodies.

You also study applied coaching science, including recovery and injury rehabilitation. Focus is placed on the physiology of health, exercise testing and prescription and advanced motor control.

## COURSE STRUCTURE

Teaching on this degree is structured into lectures, seminars and tutorials. You will also have practical sessions both on campus and at Plas Caerdeon, the University's Field Centre in Snowdonia National Park, Wales. You will also have the opportunity to have a one-to-one meeting with your tutor each week.

Your first year of study will be spent at our partner institution Carmel College, and you have approximately 15 teaching hours each week. For your second, third and fourth years, you will be taught at our Hope Park and will have approximately 12 teaching hours per week in your second year, which decreases to approximately 10 teaching hours in your third and fourth years.

On top of teaching hours, you are also expected to spend 30 hours studying independently each week, as well as studying in groups to prepare for any group assessments that you may have.

## ASSESSMENT AND FEEDBACK

You will have a number of assessments, including written exams, essays, reports, laboratory logs/diaries, portfolios, case studies, presentations and a literature review. In your final year you complete a dissertation research project.

You will be given written feedback on all of your assessments, and you will have the opportunity to discuss this with your tutor in more detail.



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