

Sports Coaching (Science) Foundation Degree

Study Mode: Full Time Programme Component | Course Level: 5

Is this course right for me?

If you want a career as a sports coach in a high-performance environment, the Foundation Degree in Sports Coaching (Science) will teach you a range of practical skills and techniques that can be applied in your coaching practice.

The course incorporates technology-enhanced coaching to equip you with the skills needed to work in a digital world, including the use of Hudl, the high-performance software used by sports people and teams to enhance their performance through the use of video and analytics.

You will develop a range of practical teaching skills and sports science techniques and learn how to apply them to your coaching practice, as well as benefit from placements at local sports clubs and academies to give you hands-on experience in a coaching environment.

You will also benefit from mentorship from staff in a range of professional environments, network with employers in the sports industry and study a range of employability modules to enable you to explore a career in coaching and engage in career development planning.

The course has been designed in-line with the International Council for Coaching Excellence (ICCE) coaching degree and Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) coaching standards therefore, on completion you will have the knowledge and skills required to meet sector standards for employment in a range of related roles.

On successful completion of the Foundation Degree you will have the opportunity to progress to the third year of the BSc (Hons) in Sport Coaching Practice course at the University of Wolverhampton.

Entry Requirements

To access this course you are required to have:

- GCSE maths and English and grade 4 or above
- Minimum of 40 UCAS points made up of a combination of the following:
 - A Levels at grade E or above in relevant subjects
 - BTEC Extended Diploma in Sport
 - Access to Higher Education Diploma in a relevant subject

What will I learn?

During this course you will study the following modules:

- Sports coaching and pedagogy
- Science and movement analysis in coaching
- Preparing to work in the sport industry

- Skills for event management in coaching
- Coaching in context

What skills will I gain?

By studying this course you will:

- Develop your understanding of sports coaching
- Learn how coaching works and the science behind it
- Develop an appreciation for the science and theory behind sports coaching
- Develop your confidence in dealing with the real-life needs of sports people across a range of ages, level of performance, and sports settings.
- Understand how coaching science is applied in the coaching industry
- Improve your coaching skills
- Gain valuable team working and communication skills by taking part in industry placements in performance settings

How will I be assessed?

This is an assignment-based course so there are no exams.

Throughout the course you will be assessed in the following ways:

- Assignments
- Group and individual presentations
- Observation of your performance in practical tasks

What can I do next?

This course will prepare you for employment in a range of roles within the sport and physical activity sector, which contributes approximately £40 billion to the UK economy each year and employs approximately one million people.

Successful completion of the Foundation Degree will enable you to progress to the third year of the BSc (Hons) Sports Coaching Practice at the University of Wolverhampton.

Why study with us?

Five reasons to choose us:

- Purpose-built sports centre equipped with latest fitness and training equipment
- Work with paying clients as part of your course
- Boost your own strength and fitness as part of your course
- Industry-recognised qualifications to impress future employers
- Experienced tutors who have worked in the industry themselves

While you are on this course you will take part in a range of sports coaching-related activities and visits including:

- Football-based performance academies
- Professional match analysis across various fixtures
- St George's Park

- The University of Wolverhampton's multi-million pound sports centre at its Walsall Campus

Delivery

Location: Wellington Road Campus

Start Date: 30/09/2025

Day:

Time:

Course Fee:

Course Code: Q3667

Study Mode: Full Time Programme Component

Apply online: www.wolvcoll.ac.uk/apply