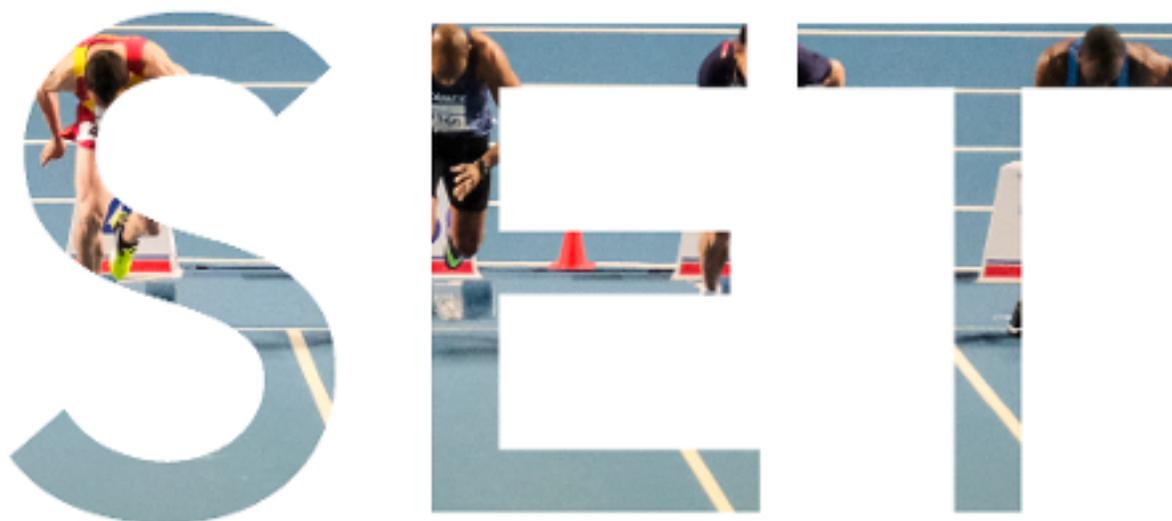




**UCS** Universal  
Centre of Sport



GET



SET

**FOR A CAREER  
IN THE SPORTS INDUSTRY**

Real-life experiences  
through work focused courses

2023

Awarded by  
**UoN** University of  
Northampton



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Are the habits you  
have today in line  
with the dreams  
you have for  
tomorrow

# WELCOME

Selecting the next path in a learning journey can be confusing for any student. Our dedicated professional team will help you to make an informed decision that best supports your career aspirations.

On behalf of Universal Centre of Sport, I encourage students to find out more about how we can support your career aspirations and look forward to welcoming those who are serious about their future.

UCS is an inclusive centre guided by the traditions of industry professionals, that places key emphasis on areas around intellectual curiosity, provision to others, and a comprehensive perspective on education. A UCS education grounded in sporting excellence, promotes career preparation and provides opportunities for personal and professional growth in sport and its associated areas.

A student-focused learning community that values equality and diversity, and focuses on the education of the whole person. Here at UCS, we guide the intellectual, ethical, and physical development of each of our students.

Established in 2014 to serve the growing needs of the sports industry, UCS has become one of the UK's leading providers in Sports Education at Degree Level.

In 2022 we have campuses across the country as far afield as Manchester and Surrey.

UCS has an outstanding track-record of developing excellent graduates, delivering the next generation of the workforce to different sectors of the sports industry.

## OUR GOALS:

At UCS, we are all about getting you to the next level.

We strive to better our students through educational experiences both in and out of the classroom.

UCS aims to create a haven where students feel safe to tackle challenges and accomplish all goals, whether they are personal or professional.

We want to help you to become the best versions of yourself, whilst having fun along the way.

Dominic Anderson  
Head of UCS



# WHY CHOOSE UCS?

UCS specialises in Undergraduate degree level programmes in the sports industry.

Our industry based stepping-stone provides opportunities to develop coaching, employability and management skills necessary to be successful in your chosen career.

UCS has been delivering Higher Education Programmes since 2014 and is proud of our students outstanding successes.



# Excellence - Employability - Success

## ACADEMIC EXCELLENCE

At UCS, we pride ourselves on an academic programme that prepares higher education students for the world of academia, sport and fitness. Our staff build academic excellence in our students, creating an environment that allows students to take ownership of their learning journey.

## EMPLOYABILITY SKILLS

The goal of UCS is to provide students with hands-on experience in education that prepares them with the required skill set for the ever-changing world of employment. While subject-specific knowledge is always important to employers, employability skills are essential to career development.

Employability skills are the transferable skills that are needed in every job, such as communication, teamwork, problem-solving, initiative, planning, organising, self-management and lifelong learning. All of which are developed and enhanced at UCS.

## OUTSTANDING SUCCESS

The UCS tutors help to ensure that our student body achieves an outstanding success rate in completing their programmes and moving into education or employment.

This culminates in students gaining added value in deeper knowledge and best practices, leading to a truly outstanding experience within the sports industry.

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# OUR VALUES

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Nothing says more about an organisation than its values. They are key to everything we want all of our students and staff to be.

They are the cornerstone of our success and our continued development.

All staff and students are encouraged to display these behaviours, and set agreed targets to challenge themselves to be the best they can be.

**INNOVATION** LEADERSHIP **MOTIVATION** PROFESSIONALISM INNOVATION  
LEADERSHIP **MOTIVATION** PROFESSIONALISM **INNOVATION**  
INNOVATION PROFESSIONALISM INNOVATION **LEADERSHIP**  
**PROFESSIONALISM** INNOVATION LEADERSHIP **MOTIVATION** **INNOVATION**  
LEADERSHIP **MOTIVATION** PROFESSIONALISM **INNOVATION** LEADERSHIP



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# SPORT COACHING BSC (HONS)

## OVERVIEW

The Sport Coaching BSc (Hons) degree is designed to develop your key coaching skills and behaviours and to understand how our coaching styles and approaches influence our athletes.

Our Sport Coaching degree will develop skills such as long-term planning, reflective practice, conducting athlete needs analysis and understanding pedagogy in different sporting environments.

## KEY FACTS

Level:	Undergraduate
Duration:	Full Time: 3 Years
Starting:	September
Fees UK 23/24:	£8250

## GET IN TOUCH

For questions about study or admissions, please contact us:

[info@UCSport.org](mailto:info@UCSport.org)

01753 362248 or

SCAN HERE



# SPORT COACHING BSC (HONS) OVERVIEW

For sports coaches to have a holistic approach to their athletes' development, we need to have an understanding of the physiological, technical, psychological and social factors that feed into the long term athlete development, as well as developing performance analysis skills and putting all our practical coaching skills into the real world, through the UCS network of sports organisations.

## COURSE DETAILS

The coaching process, pedagogy, developing your own coaching philosophy, coaching styles, effective coaching approaches, long term athlete development and comprehensive planning/needs analysis are at the core of our Sport Coaching degree. As well as performance analysis, coaching theory and work placement modules.



### APPLYING YOUR SKILLS

To develop your applied skills, you complete a minimum of 120 hours of work-based learning in each year that you study with UCS, so you have the opportunities to apply ideas from the course and build the skills that employers look for.

UCS has worked closely with UON to select a suite of modules that reflects the needs of the sports coaching industry, such as Analysis, Psychology and Applied Business Practice.

UCS has an unrivaled network of local clubs and organisations ready and able to provide you with the valuable experience.

**Please note the modules shown on the next pages, relate to Academic Year 2023/24.**



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**UoN** University of  
Northampton

# SPORT COACHING BSC (HONS)

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- **Sport Pedagogy for Coaching (20 Credits)**
  - Module code SPO1011
  - Status: Compulsory
- **Introduction to Sport and Exercise Psychology (20 Credits)**
  - Module code SPO1024
  - Status: Compulsory
- **The Social Context of Sport and Exercise Science (20 Credits)**
  - Module code SPO1038
  - Status: Compulsory
- **How to be Successful at University (20 Credits)**
  - Module code SPO1039
  - Status: Compulsory
- **Sport Coaching Behaviour (20 credits)**
  - Module code SPO1041
  - Status: Compulsory
- **Sport Coaching Science (20 credits)**
  - Module code SPO1042
  - Status: Compulsory

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For more information about unit content and how the assignments are structured, [click here](#).

# SPORT COACHING BSC (HONS) YEAR 1

## ENTRY REQUIREMENTS

Standard entry requirements apply. A typical offer would be CCC at A Level or DMM at BTEC. In addition, you will need to have studied physical education, sports science or science related subject at A Level, BTEC level 3 diploma or equivalent qualification.

To get in touch, [CLICK HERE](#) or [SCAN ME](#)

## FEES & FUNDING



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# SPORT COACHING BSC (HONS)

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- **Sport Research Methods (20 Credits)**
  - Module code SPO2018
  - Status: Compulsory
- **Positive Psychology Coaching (20 credits)**
  - Module code SPO2036
  - Status: Compulsory
- **Performance Analysis Coaching (20 credits)**
  - Module code SPO2046
  - Status: Compulsory
- **The Developing Athlete (20 credits)**
  - Module code SPO2048
  - Status: Compulsory
- **Sport Leadership and Team Dynamics (20 credits)**
  - Module code SPO2052
  - Status: Compulsory
- **Applied Practice and Business Skills (20 Credits)**
  - Module code SPO2056
  - Status: Compulsory

For more information about unit content and how the assignments are structured, [click here](#).

# SPORT COACHING BSC (HONS) YEAR 2



## ENTRY REQUIREMENTS

Standard entry requirements apply. A typical offer would be CCC at A Level or DMM at BTEC. In addition, you will need to have studied physical education, sports science or science related subject at A Level, BTEC level 3 diploma or equivalent qualification.

To get in touch, [CLICK HERE](#) or [SCAN ME](#)

[FEES & FUNDING](#)



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# SPORT COACHING BSC (HONS)

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- **Applied Sport Psychology (20 Credits)**
  - Module code SPO3007
  - Status: Compulsory
- **Applied Practice in Sport (20 credits)**
  - Module code SPO3042
  - Status: Compulsory
- **Creating Performance Coaching Environments (20 credits)**
  - Module code SPO3044
  - Status: Compulsory
- **Coaching Professional Development and Education (20 credits)**
  - Module code SPO3065
  - Status: Compulsory
- **Dissertation (40 Credits)**
  - Module code SPO4001
  - Status: Compulsory

For more information about unit content and how the assignments are structured, [click here](#).

Students who do not complete the Honours Degree will be eligible for an Ordinary Degree in the named subject upon successful completion of a minimum of 60 Level 6 credits. These can be from any Level 6 modules.

# SPORT COACHING BSC (HONS) YEAR 3

## ENTRY REQUIREMENTS

Standard entry requirements apply. A typical offer would be CCC at A Level or DMM at BTEC. In addition, you will need to have studied physical education, sports science or science related subject at A Level, BTEC level 3 diploma or equivalent qualification.

To get in touch, [CLICK HERE](#) or [SCAN ME](#)

[FEES & FUNDING](#)



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# THE UCS WAY

## THE TUTOR TEAM

The tutoring team is made up of highly skilled and qualified lecturers and experts in their field that maintain their connections with industry, including coaching and management of high performance sports teams and professional sports clubs.

The lectures are complemented by a range of industry-expert guest speakers, emphasising the vocational relevance of this degree programme.



## ASSESSMENT

All UCS courses provide opportunities to test a student's understanding of the subject informally, before the completion of the formal assessments that count towards the final grade.

Each module normally contains at least one piece of practice or 'formative' assessment, for which students receive feedback from their lecturer. Practice assessments are developmental and any grades received do not count towards the final module mark.

There is a formal or 'summative' assessment at the end of each module.

Assessment methods include written examinations, essays, reports, portfolios, performances, presentations, and a dissertation.

Students receive feedback on all formative and summative assessments undertaken through coursework and are encouraged to discuss them with their tutors in order to develop further.

## TEACHING METHODS

All UCS programmes are delivered through a blended learning approach. This consists of 80% live, tutor-lead, online delivery and 20% face to face learning. This allows for streamlined group interaction, as well as assessment of practical skills required by modules, such as coaching, training, performance and fitness testing. These sessions take place at designated UCS campuses.

Attendance at these sessions is compulsory, UCS will arrange your travel and accommodation, as required. Options available are discussed during the interview process and during induction week.

## REGULATION

UCS, as part of the Oxford Virtual Education Group, is a Pearson registered Centre.

All UCS provision is awarded by The University of Northampton, and as such is regulated by the Office for Students.

# FEES AND FUNDING

## COSTS

For Academic Year 23-24, the following fees apply for UK and EU students:

- BSc Sports Coaching £8250

Undergraduate students generally have two types of expenses - tuition fees, and living costs.

## TUITION FEES LOANS

UK and EU students don't need to pay fees in advance.

Eligible students can apply for a loan to cover tuition fees.

If you are from England, this loan is paid directly to the University on your behalf, and does not depend on your household income.

You only need to start paying the loan back once you earn more than £25,000 per year.

## CAREER DEVELOPMENT LOANS

If you don't qualify for student finance, you may be able to apply for a career development bank loan to help you progress your career.

It is a government initiative that may allow you to borrow up to £10,000. The Government pays the interest whilst you are studying.

**More information can be found here.**

## SELF FUNDED STUDENTS

If you are not eligible for a tuition fee loan, chances are we will be able to accept payment by installment using FlexEd. This is ideal for students who may be doing a second degree, a self-funded course, or may be sponsored by their employer.

Please **contact an advisor** for more information.

## LIVING COST LOANS

If you are a full-time student from England, you can also apply for a maintenance loan to support you whilst you study. The amount available depends on:

- Your family income
- Where you are living whilst studying
- Your entitlement to benefits.

The loan is paid into your bank account in three instalments at the start of each term.

If you are from Wales, Scotland or Northern Ireland and want to study at a UCS Campus in England, you need to contact your own government to discuss what support is available for tuition and living costs.

Channel Islands and Isle of Man students are not eligible for funding from UK government.

## INTERNATIONAL STUDENTS

Applications for Higher Education courses from International Students can be made online from any country at the UCAS website [www.ucas.com](http://www.ucas.com).

## HOW TO APPLY

All applications for full-time undergraduate courses are completed through **UCAS**.

Scan the QR code below, enter your basic details, and our advisor will be in touch to talk you through the rest of the process.

### KEY FACTS

Level:	Undergraduate
Duration:	Full Time: 3 Years
Starting:	September
Fees UK 23/24:	£8250

### GET IN TOUCH

For questions about study or admissions, please contact us:

[info@UCSport.org](mailto:info@UCSport.org)

01753 362248 or

**SCAN HERE**



### STUDENT FINANCE ENGLAND

We encourage you to apply for a full-time loan as soon as possible, even if your place is not yet confirmed.

To learn more about loans and how to apply for them, please see the **Student Finance England website**, or call 0300 100 607

**APPLY NOW**

**ucsport.org**

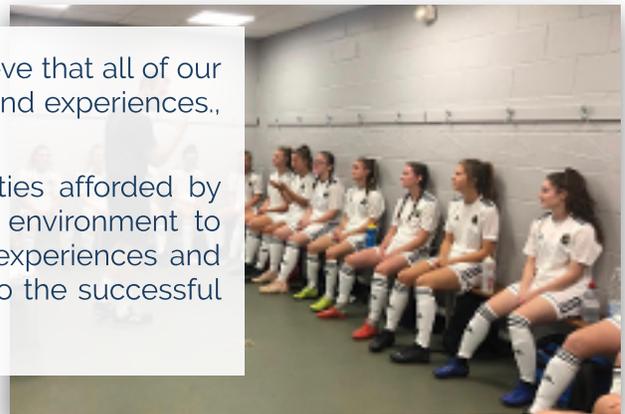
# EMPLOYABILITY

At UCS, our ethos of embedding your learning in the heart of professional industry allows you to develop these skills and put together a set of skills to help you be successful in your chosen career.

Through specific, targeted work experience, we focus on the 3 key employability skills:

The **Growth Mindset** is key to us at UCS. We believe that all of our staff and students should be open to new ideas and experiences, striving to be better in everything we do.

We want students to use the unique opportunities afforded by working and learning in a professional industry environment to develop a growth mindset. To be open to new experiences and accept honest, constructive feedback to grow into the successful coaches, managers and leaders.



**Interpersonal Skills** are skills required to work well with other people, helping you to work effectively as a member of a team, meet client and customer expectations and solve problems.

The UCS work experience opportunities allow you to range of interpersonal skills, such as, communication, team-working, conflict resolution, emotional intelligence, problem solving and decision making.

Be **Reliable** and **Dependable**.

This is all about developing personal skills and traits, such as being organised, managing time effectively, being trustworthy, working hard, taking responsibility, asking for help when needed, and using your initiative.



# CHANGEMAKER

The University of Northampton is a designated global Changemaker Campus, one of only 50 in the world. We believe anyone can make a unique contribution to creating a better world, transforming lives, and inspiring change.

UON creates a positive social impact in society through the **Changemaker Commitments**.

Being a Changemaker means 'taking action' to solve a social problem, and our students and staff are:

- Driven by a passion and a genuine goal of making the world a better place.
- People who act and won't take 'No' for an answer, resilient and persistent in the face of challenges
- Innovative, resourceful, and open to new ideas, they have the courage to see things differently and be a positive disruptor.



## WORK EXPERIENCE

At UCS, we believe that education is only part of the equation. Students need to develop the skills required to prepare themselves for the world of work.

To this end, all students are expected to participate in a structured and varied schedule of work experience, which ensures they can apply learned theory to real-life sporting environments.

The programmes are generally tailored to the interests of the students, with a variety of roles available at each campus, such as coaching, competing, marketing, media support and performance analyst,

Our exclusive relationships with professional sports industry partners mean that we can provide a valuable advantage in these placements, and therefore give students a head start when applying for a job.

**APPLY NOW**

[ucsport.org](https://ucsport.org)

# ALUMNI

Any institution is only as good as it's people. At UCS we are very proud of our alumni and their successes.. Here we showcase some recent stories

## **Adam Timson - Football Coach**

Adam enrolled onto the HNC in Sport with UCS in 2018. Alongside his studies, he joined Leicester City FC Women as a volunteer coach. Whilst studying for the HND, Adam moved into a part time position with the club, and is now completing the BSc degree in Sports Coaching (Top up)

## **Scott Pollock - Professional Footballer**

Scott chose to continue his education with UCS in 2019-20 by completing the Level 4 HNC in Sport and Exercise Science programme alongside his full time training with Northampton Town F.C. In 2020-21, Scott combined his training/matchday schedule at Northampton Town F.C alongside his studies on the HND in Sports Coaching achieving Distinction grades overall.

## **Sam Spencer and Ondrej Prielozny - Student Ambassadors**

Sam and Ondrej enrolled with UCS in 2020-21. They have both worked as part of the team of student ambassadors. These paid roles involve social media promotion as well as our unique recycling of knowledge model, mentoring Level 2 & 3 learners. This has helped them to demonstrate many of our prized employability skills.

## **Nathan Mills**

The former Shrewsbury Town left-back moved to Sweden where he played for Gottne IF. Nathan is a set-piece specialist who has outstanding technical ability. Nathan has continued to develop throughout his first year on the course and has started every game for his new club.





### Dual Careers

The UCS ProPlayerPathways programme allows talented football athletes the opportunity to pursue athletic targets, whilst continuing their education.

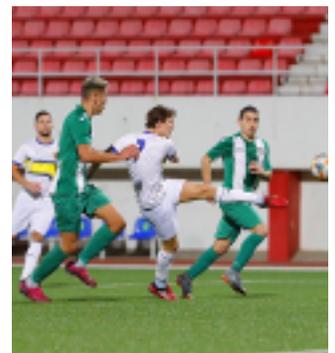
UCS-PPP holds partnerships around the globe providing students with work experience placements across Europe and in Australia.

The work experience helps to set them apart from other graduates with a real-life understanding of the professional environment. Here are some of our UCS-PPP stories:

#### Lincoln Red Imps

Luke Wall and Sam Henderson have both had fantastic experiences with the Lincoln Red Imps in Gibraltar, winning both the league and the league cup. This has provided a fantastic opportunity for them to gain some Champions League experience next season.

Moving away has allowed both student-athletes to combine education with professional football. .



**Cavan Burns** - Dubai City Football Club

Cavan combined both his high level of football ability and his coaching expertise to gain valuable work experience with Dubai City Football Club.

Cavan has coached younger age groups within the football club. This experience has been fundamental to his development as a lead coach, whilst allowing him to showcase his playing ability when representing Dubai City Under 23's.

**George Mulonda** - Lynx FC Gibraltar -

George has combined both his high level of footballing ability with a passion for coaching football.

George has taken on a coaching role with the young players at Lynx FC, whilst turning out for the first team as a centre-back. This experience has allowed him to continue performing at a high level, as he prepares for the next stage in his career - as a coach.

He believes the UCS qualifications will be key to future success.



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