

GET

SET

**FOR A CAREER  
IN THE SPORTS INDUSTRY**

Real-life experiences  
through work focused courses

2025

Awarded by

**UHI**



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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 it's 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 2023 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  
Chief Operating Officer





# 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 it's 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.

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





# SPORT & FITNESS BSC (HONS)

## OVERVIEW

The BSc (Hons) Sports and Fitness degree will provide you with the practical and theoretical skills required for a career within the sport and fitness sector. By developing a range of transferable skills and techniques, you will be 'world ready' for your career and/or further study. The BSc is a programme designed to enhance your existing qualifications and support you in the next steps of your career.

The BSc (Hons) Sport and Fitness is designed to be a diverse sport and fitness qualification with a focus on practical application of skills that enables you to put theory into practice. Studying modules across a broad spectrum will give you a comprehensive knowledge and understanding that you can apply to a variety of areas within the sector. Areas of study include:

- Anatomy and Physiology
- Human function and movement
- Psychology
- Nutrition
- Practical exercise instruction
- Sports research methods (including dissertation)

### KEY FACTS

Level:	Undergraduate
Duration:	Full Time: 4 Years
Starting:	September

### 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 & FITNESS BSC (HONS) OVERVIEW

UCS offers a unique and innovative blended learning degree. 80% of delivery is by synchronous online methods using the latest e-learning technologies to deliver high quality learning opportunities and to promote student engagement. Three face to face weeks provide the remaining 20% of delivery time. In person lectures, seminars, practicals, assessments and tutorials will complement online learning.

## 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 workplace skills and enhance your future employability in each year of study there is a compulsory work placement module. The academic module is fully integrated with the work experience that you will be required to complete in a relevant practical environment of your choice. This module develops your work-related skills and allows you to apply your theoretical knowledge to real life work based settings. UCS has an unrivalled network of local clubs and organisations ready and able to provide you with valuable "hands-on" experience.



UCS has worked closely with the University of the Highlands and Islands 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 unrivalled 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 2024/25.** Awarded by

The logo for the University of the Highlands and Islands (UHI), consisting of the letters 'UHI' in a bold, black, sans-serif font.

# SPORT & FITNESS BSC (HONS) YEAR 1

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- **Human Structure and Function (20 Credits)**
  - Module code UC607005
  - Status: Core
- **Professional Skills and Knowledge (20 Credits)**
  - Module code UN907002
  - Status: Core
- **Mechanics of Human Movement (20 Credits)**
  - Module code UB807007
  - Status: Core
- **Principles of Sport & Exercise Psychology (20 Credits)**
  - Module code UC608003
  - Status: Core
- **Practical Exercise Instruction (20 credits)**
  - Module code UC607006
  - Status: Compulsory
- **Introduction to Sports Coaching & Leadership (20 credits)**
  - Module code UC607001
  - Status: Compulsory

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

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# SPORT & FITNESS BSC (HONS) YEAR 2

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- **Introduction to Research Methods (20 Credits)**
  - Module code UX208453
  - Status: Core
- **Sport & Exercise Physiology (20 credits)**
  - Module code UC608002
  - Status: Core
- **Nutrition for Performance & Health (20 credits)**
  - Module code UB408001
  - Status: Core
- **Movement Analysis (20 credits)**
  - Module code UC608004
  - Status: Core
- **Applied Coaching & Leadership (20 Credits)**
  - Module code UN808466
  - Status: Compulsory
- **Work Placement 1 - Team Working & Communication (20 Credits)**
  - Module code UN108456
  - Status: Compulsory

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

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# SPORT & FITNESS BSC (HONS) YEAR 3

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- **The Professional Practitioner - Ethics, Policy & Practice (20 Credits)**
  - Module code UC609004
  - Status: Core
  
- **Research Methods (Sport & Fitness) (20 credits)**
  - Module code UC609005
  - Status: Core
  
- **Work Placement: Industry-Specific Skills (20 credits)**
  - Module code UN109677
  - Status: Compulsory
  
- **Applied Sport & Exercise Psychology (20 credits)**
  - Module code UC809676
  - Status: Compulsory
  
- **Sport & Exercise Science: A Critical Analysis (20 credits)**
  - Module code UC609001
  - Status: Compulsory
  
- **Sport Nutrition & Dietary Considerations (20 Credits)**
  - Module code UC609006
  - 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.

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Awarded by



# SPORT & FITNESS BSC (HONS) YEAR 4

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- **Advanced Applications of Coaching & Instruction (20 Credits)**
  - Module code UC610105
  - Status: Compulsory
  
- **Work Placement: Professional Practice (20 credits)**
  - Module code UN110853
  - Status: Compulsory
  
- **Physical Activity for All (20 credits)**
  - Module code UC610108
  - Status: Compulsory
  
- **Sports & Exercise Psychology (20 credits)**
  - Module code UC610102
  - Status: Compulsory
  
- **Dissertation - Sport (20 credits)**
  - Module code UC610106
  - 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 & FITNESS BSC (HONS)

## ENTRY REQUIREMENTS

Standard entry requirements apply. Scottish Highers minimum grade profile would be BBC across 3 Scottish Highers (75 UCAS points equivalent).

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





# THE UCS WAY

## THE 3 PATHWAYS

Students can identify 1 of 3 'pathways' when joining UCS so that their future career is enhanced by gaining specific opportunities and qualifications that are aligned with their chosen career.

### Education & Training

"Embark on a rewarding journey for aspiring educators! This pathway is tailored for students passionate about shaping young minds. Gain invaluable experience within school and college settings while pursuing Level 3 and Level 4 teaching qualifications. Discover the joy of teaching and mentoring while honing your skills in a supportive environment."

### Personal Training and Strength & Conditioning Pathway

"Fuel your passion for physical development and performance with our immersive pathway. Designed for students eager to excel in the fitness industry, this program offers hands-on experience. Acquire Level 2 Physical Instructor and Level 3 Personal Training certifications while immersing yourself in practical work experience. Shape bodies and lives while you grow your career."

### Pro Player Development Pathway



"Unleash your football talent while pursuing higher education! Our Pro Player Pathway is tailored for exceptional footballers seeking a unique blend of professional sports and academic excellence. Seamlessly combine playing (or coaching) at professional or semi-professional levels globally with pursuing a BSc degree. Elevate your game on and off the field with this exclusive opportunity."

## 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.

## 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 the Highlands and Islands, and as such is regulated by the Office for Students.



# FEES AND FUNDING

## COSTS

For Scottish students:

- In most cases, Scottish domiciled fee status students have their fees paid for them by the Student Awards Agency for Scotland (SAAS) and may be eligible for living cost support

For rest of UK students:

- For students normally domiciled in the rest of the UK (England, Wales and Northern Ireland, including Channel Islands and Isle of Man) and with a term time address in Scotland please contact us for the student fees.

## TUITION FEES LOANS

Student Awards Agency Scotland (SASS) pay your fees directly to your college or University. These are non-repayable if you study in Scotland, but you must submit an application every year.

## LIVING COST LOANS

You can apply for a bursary and loan to help with living costs. How much you get depends on your household income and if you are a young or independent student.

## 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.

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

### 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 AWARDS AGENCY SCOTLAND (SASS)

We encourage you to apply for funding with SASS immediately and certainly before 31st July 2025 to avoid delays with processing. Please visit the SAAS website for further information - <https://www.saas.gov.uk/> or call 0300 5550505.

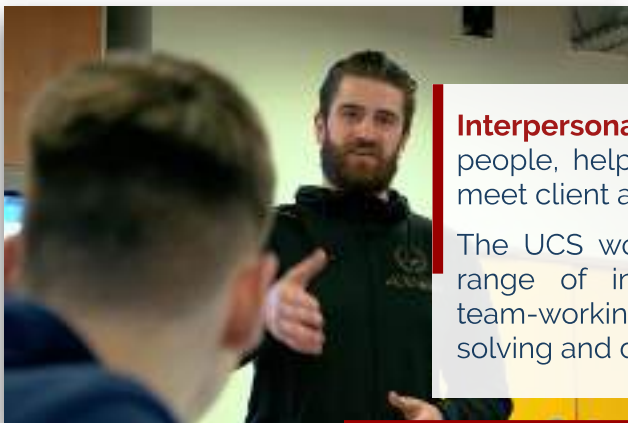
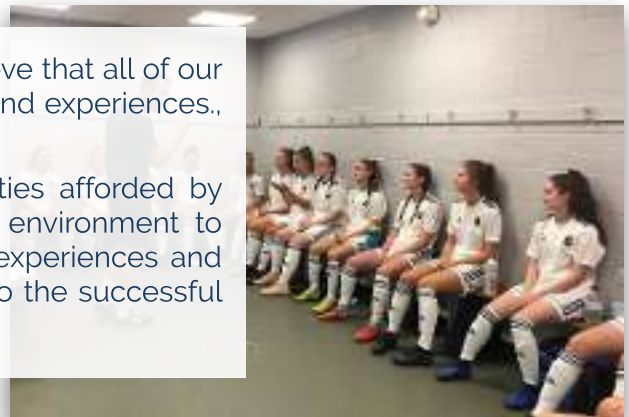
# EMPLOYABILITY

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.



# 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:



## **Habtamu Ayele** - Teacher

Habs currently works for VLUK as a teacher at The Football College, as he gained his PGCE after graduation. He is also a coach for Bolton Wanderers FC. He completed his UEFA B and is now working towards his UEFA A.

## **Ondrej Prielozny** - Coach

Ondrej is currently employed full time by Oxford City Football Club as a coach. He coaches across the male age groups and within the women's academy too.



## **Adam Timson** - Football Coach

Whilst studying for his degree with us, Adam joined Leicester City FC Women as a volunteer coach. During this time, Adam moved into a part time position with the club.



# ALUMNI

## **Sam Spencer** - PGCE Student

After completing his BSc degree with UCS, Sam has started a PGCE course in Education at Brunel University with ambition to become a teacher.



## **Cavan Burns** - Footballer & Coach

Cavan combined both his high level football ability and his coaching expertise to gain valuable work experience with Dubai City Football Club. He is now a full time coach working for Celtic FC. His work with Celtic C allowed him the fantastic opportunity to travel to Australia on tour.

## **Ethan Thomas** - PE Intern

Currently working as a PE intern in Halifax, Ethan is looking to complete a teaching qualification. He is also working towards his RFU refereeing qualification and Level 2 coaching.





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