



UCS Universal
Centre of Sport

GET

SET

**FOR A CAREER
IN THE SPORTS INDUSTRY**

Real-life experiences
through work focused courses

2024

Delivered in
partnership with



Awarded by





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 2024 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 version of yourself, whilst having fun along the way.

OUR DELIVERY PARTNER

The programme is delivered in partnership with Activate Learning, who are an Approved Higher Education provider regulated by the Office for Students. For further details on Activate Learning visit their website - www.activatelearning.ac.uk.

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.



OUR VALUES

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.

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

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.

SPORT & EXERCISE SCIENCE (COACHING SCIENCE) HNC

OVERVIEW

All students are provided with the programme's resources via the Virtual Learning Environment (VLE), known as Activate Learning On-line (ALO). This system also facilitates the running of online lessons, seminars and tutorials and is a key tool in the delivery of the HNC.

Study Support

Student progression on the programme is supported by the Programme Coordinator, Unit Leaders and central student services, and includes:

- An induction programme introducing new students to the subject of study, higher level skills that need to be developed, and the college facilities including the online library, IT, staff and other students.
- Scheduled 1:1 and group tutorials which provide opportunities for formative feedback.
- General student and course handbooks available in print and electronic format on ALO.
- Personal and academic support is integrated in teaching provided by supportive and accessible tutors and identified 1:1 support sessions are also available with HE Study Support Tutors.
- An online library along with access to campus libraries.
- Personal development planning sessions integrated into programme.
- Access to counsellors and mental health support.
- Access to online study support team.
- Written assessment feedback (within 15 working days of assessment submission).
- Access to regularly updated course section on the ALO.

Additional support from UCS Support Services include the following:

- Emotional and Mental Health - If you are experiencing emotional or mental health difficulties, we have an online counsellor to offer one to one appointments.
- Career Development and Employability - these skills are embedded into your curriculum, providing initiatives to enhance your employability and social entrepreneurship skills. As an organisation we are an Education Partner of the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) which allows for effective signposting on the skills to be developed for the sport and leisure industry.
- Financial Support - we can provide support with student finance applications for student loans and tuition fees. In addition, for those students with additional learning needs we can support applications for Disability Student Allowance (DSA).
- Additional Learning Support (ALS) - We can provide support for students who have learning difficulties, disabilities or medical conditions. We are committed to ensuring all possible reasonable adjustments are made in order to accommodate our students with learning difficulties and disabilities.

KEY FACTS

Level:	Undergraduate
Duration:	Full Time: 1 year
Starting:	September
Fees UK 24/25:	£6500

GET IN TOUCH

For questions about study or admissions, please contact us:

info@UCSport.org

01753 362248

SPORT & EXERCISE SCIENCE (COACHING SCIENCE) HNC

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 Activate Learning to select a suite of modules that reflects the needs of the sports coaching industry.

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.



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SPORT & EXERCISE SCIENCE (COACHING SCIENCE) HNC

INTRODUCTION TO THE PROGRAMME

The programme is designed around enhancing the employability of students and their long-term career prospects. This includes developing attributes in students such as resilience and an appreciation of cultural diversity, drawing Activate Learning's Educational Gain model, and its impact on commercial entities and decision-making, particularly in a global environment. It aims to provide a solid theoretical and academic foundation, enabling students to solve problems and capitalise on opportunities within a business context. The programme also aims to make students aware of their social responsibilities to the community as much as to the needs of employers. In the digital age of pervasive social media, this is a commercial as well as an ethical imperative, and one with which students on the programme will be fully acquainted.

PROGRAMME STRUCTURE

The programme is designed to be studied over 1 year full-time. It is arranged in 2 semesters per year, with 12 formal teaching weeks per semester and an additional two weeks at the end of each semester for assessment time. There will be a 3 hour timetabled slot for each unit over two full timetabled days. The formal weekly sessions will be complemented with 1-2 hours of tutorial time. Independent study around these weekly sessions will be expected to support your learning and assessment for the programme.

The BTEC HNC in Sport and Exercise Science (Coaching Science) is a qualification of 120 credits, at level 4, comprising 6 mandatory core units (90 credits) and 2 specialist units (30 credits). The delivery of the units are indicated in the table below.

The programme incorporates project-based units that are designed to develop the students' knowledge and skill-base. There is a particular emphasis on developing learners with a global outlook; gaining an understanding of contemporary issues facing coaches and employers alike. These are all delivered through a combination of formal lectures, group tuition, practical demonstrations and reflective practice.

The units form the basis of assessments for the programme. It is important to note that in order to obtain a full HNC the student must gain a pass mark in each of the units.

The units on this programme have also been designed from a learning-time perspective. For example, a 15 credit unit is equivalent to approximately 150 learning hours. Within these hours, which are the expected time taken by students to complete the learning outcomes, there are Guided Learning hours (GLH). Guided learning hours are defined as time when your tutor (or equivalent) is present and giving specific guidance (e.g. lectures, tutorials, demonstrations and workshops).

SPORT & EXERCISE SCIENCE (COACHING SCIENCE) HNC

MODULES

- Unit 1 Nutrition (15 credits)
- Unit 2 Fundamentals of Sport and Exercise psychology (15 credits)
- Unit 3 Anatomy and physiology (15 credits)
- Unit 4 Professional skills (15 credits)
- Unit 5 Coaching practice and skill development (15 credits)
- Unit 6 Training, fitness, testing (15 credits)
- Unit 10 Technology in Sport (15 credits)
- Unit 12 Community coaching (15 credits)

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ACTIVATE
LEARNING

SPORT & EXERCISE SCIENCE (COACHING SCIENCE) HNC

ENTRY REQUIREMENTS

As an applicant, you are normally expected to meet at least the minimum requirement of 80 UCAS points, made up of the following:

- A* to C grade (9 to 4) in GCSE English Language and Maths (or equivalent) is strongly recommended.
- A BTEC Level 3 qualification in a Sport related programme - MPP (or equivalent)
- A Levels – CDD (or equivalent)
- Level 3 Apprenticeship
- Other related Level 3 qualifications
- An Access to Higher Education Certificate awarded by an approved further education institution
- An international equivalent of the above.

Applications are welcome from students that do not meet the entry requirements where special considerations can be given to those with relevant experience and skills following evidence of effective academic writing. Along with mature students with a suitable background or related work experience gained within the Sports industry.

Applicants whose first language is not English must also demonstrate that their level of English is acceptable by achieving a score in a recognised test such as the British Council IELTS; normally a minimum of 5.5 overall with a minimum of 5.5 in the reading and writing components.

All applicants will be interviewed prior to a decision being made.



APPLY NOW

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 your HNC. 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.

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 essays, reports, portfolios, performances, presentations, and demonstration of practical coaching skills.

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-led, online delivery and 20% face to face learning which will be undertaken over 3 separate weeks during the academic year at one of our campuses. 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

The HNC in Sport and Exercise Science (Coaching Science) is delivered in partnership with Activate Learning, who are an Approved Higher Education provider regulated by the Office for Students.

FEES AND FUNDING

COSTS

For Academic Year 24-25, the following fees apply for UK and EU students:

- HNC Sport & Exercise Science £6500

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

Note: There will be no upfront accommodation costs but students are liable for upfront travel costs which will be reimbursed to a maximum of £150. You will be required to allocate yourself a budget for meals during this time. Depending on your own personal budget, we suggest an allocation of up to £100 per each week will be sufficient to cover your own subsistence 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.

SELF FUNDED STUDENTS

Payment will be by four equal payments to Activate Learning.

Please contact adminHE@activatelearning.ac.uk if you have any queries or 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 installments 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.

HOW TO APPLY

All applications for full-time undergraduate courses are completed through Activate Learning.

To apply please complete the link below

UCS / ACTIVATE LEARNING APPLICATION

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



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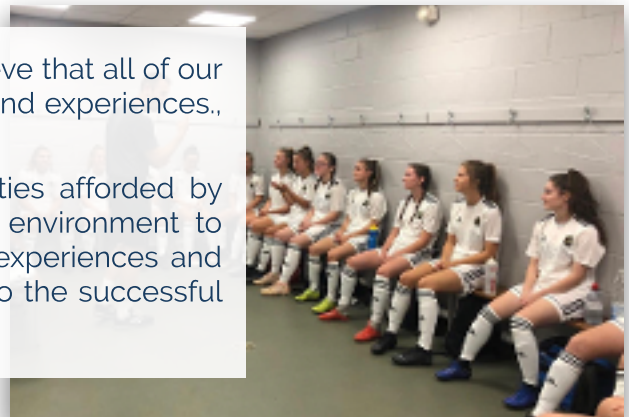
EMPLOYABILITY

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.

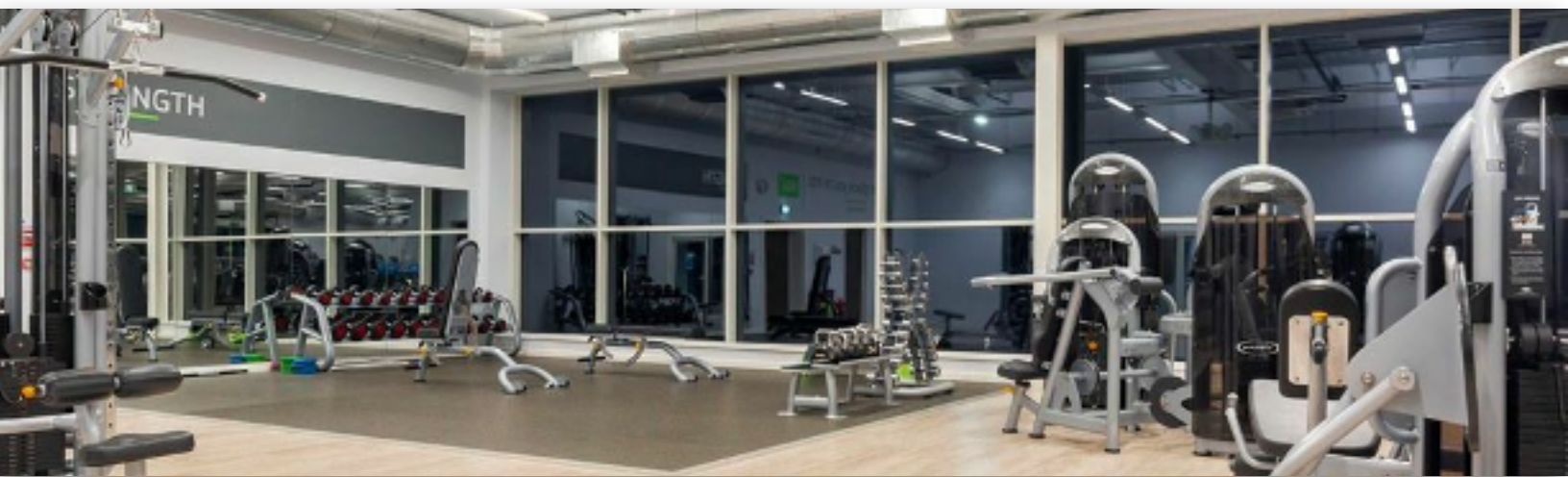
Be **Reliable** and **Dependable**.

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.



Through studying on this programme you will have developed skills, knowledge and competence to gain entry-level positions within the Sport and Exercise and the Sports Coaching industry. You will gain experience in planning and delivering practical coaching, and have a background knowledge to support the practical skills you will develop.

Students who successfully achieve 120 credits on the HNC will be eligible to progress to the HND in Sport and Exercise Science (Coaching Science) at Activate Learning or progress to another institution depending on entry requirements.



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.





APPLY NOW

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