

UKCC LEVEL 4 - MSc ADVANCED SPORT COACHING PRACTICE



AWARD AND COURSE TITLE	MSc Advanced Sport Coaching Practice
INTERMEDIATE AWARDS	Post Graduate Diploma Advanced Sport Coaching Practice Post Graduate Certificate Advanced Sport Coaching Practice

BJA Level 3 coaches (or coaches with relevant experience) who are committed to their personal development and the development of their players may apply for a place on our next MSc Advanced Sports Coaching Practice commencing September 2017. This course is open to judo coaches who are currently working with players on the performance pathway or players with competitive aspirations.

The course, delivered by Sheffield Hallam University, is performance focused and only coaches who have shown a genuine interest in coaching performance and aspiring players or are aspiring to work at this level will be considered. Although this course is primarily aimed at British Judo coaches, judo coaches from other countries and coaches from combat and other sports are welcome to apply.

Quality coaches are an important factor in any sporting organisation, especially around planning, player development and competitive preparation for success. They are often under increased pressure from their organisation and partnerships as they move up the coaching ladder.

The Master in Sports Coaching (see pathway below) which will lead to the UKCC Level 4 Award (UKCC Level 4 endorsement pending) and the BJA Levels 4 and 5 (for BJA coaches) will equip coaches with the necessary tools to deal with these pressures, achieve at the highest level within their area and provide the innovation to move the organisation forward.

Coupled with mentoring support, the course will also provide the most up to date information in performance coaching, applied sports science research (e.g. physiology, psychology, biomechanics; nutrition and weight management) and access to in-house experts in many sports science disciplines.

The course programme is delivered part time over a two-year period and is modular based. Each year these modules will be delivered in three blocks - each block two and half days. There is the option of doing a further year and completing a Masters Degree.

Post Graduate Certificate

- You study 4 modules over a year

Post Graduate Diploma (UKCC L4/BJA Level 4)

- You study 8 modules over two years

Masters Degree (BJA Level 5)

- You study 8 modules and a dissertation over approximately 3 year period

PROGRAMME AIMS

This programme aims are:

- To develop your knowledge of the theories, concepts and principles which underpin and inform sports coaching practice.
- To critically evaluate a range of theoretical perspectives and apply them to your sport coaching practice in order to shape and inform your professional decision making and facilitate collaborative working within and across professional boundaries.
- To develop your ability to undertake independent autonomous research in the context of performance coaching;
- To build upon your existing knowledge, skills and understanding of performance coaching and evidence your progress in meeting the standards of the UK Coaching Certificate Level 4.

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- To facilitate your development as a critically reflective practitioner who is able to reflect on your own practice and lead and influence the practice of others in the wider coaching profession.

PROGRAMME LEARNING OUTCOMES

Knowledge and understanding covered within the Programme. By the end of the programme you will be able to:

- critically engage with the disciplines of sport science and coaching philosophy as they relate to the development of advanced coaching practice
- synthesise and critically appraise your knowledge, skills and understanding of concepts and processes of advanced coaching practice as they are applied to a wide variety of performance coaching environments
- critique a range of coaching theories based on research and professional practice
- critically evaluate and undertake original research in performance coaching contexts, with specialist relevance to advanced coaching practice

Intellectual/Subject/Professional/Key skills covered within the Programme. By the end of the programme you will be able to

- engage with and reflect on your professional coaching practice taking responsibility for independence and autonomy in your learning and practice
- effectively communicate information and ideas in written, verbal and audio formats appropriate to different audiences
- use a wide range of interpersonal and problem solving skills that are appropriate for a career in performance coaching
- select, use and evaluate technology-enhanced learning applications and strategies, which are appropriate for a variety of purposes and tasks
- develop and manage an independent research or applied project with an agreed timescale

<i>Core Modules</i>	Year 1	Developing Professional Practice	(15 Credits)
		Psychology of Performance Coaching	(15 Credits)
		Applied Performance Analysis and Skill Acquisition	(15 Credits)
		Applied Physiology, Nutrition and Conditioning	(15 Credits)
	Year 2	Advanced Professional Practice	(15 Credits)
		Advanced Psychology of Performance Coaching	(15 Credits)
		Advanced biomechanics	(15 Credits)
		Advanced Physiology, Nutrition and Conditioning	(15 Credits)
	Year 3	Research Methods	(15 Credits)
		Research Project	(45 Credits)

COURSE DATES (TBC) AND COST: 2017/2018

Year 1:

- Induction – 4 & 5 September 2017 and 8 January 2018
- Block 1 Developing Professional Practice – 6,7 & 8 September 2017
- Block 2 Psychology of Performance Coaching – 9, 10, & 11 January 2018
- Block 3 Advanced Biomechanics – 10, 11, & 12 April 2018
- Block 4 Applied Physiology, Nutrition and conditioning 5,6 & 7 June 2018

Year 2:

- Block 1 Advanced Professional Practice - September 2019

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- Block 2 Advanced Psychology of Performance Coaching - January 2019
- Block 3 Applied Performance Analysis and Skill Acquisition – April 2019
- Block 4 Applied Physiology, nutrition and conditioning- June 2019

Cost:

- Post Graduate Diploma - £4,140 (Year 1 £2,070; Year 2 £2,070)
- Masters Degree - (Year 3 £2,070)

PG student loans are now available to part time students

RECRUITMENT AND SELECTION PROCESS

Entry Requirements:

- We designed this course to continue specialist studies at master's level for students who already possess a degree in any subject. You may also have an appropriate combination of other subject specific qualifications and/or relevant practical experience.
- Normally you need the following
 - a degree a level lower than first degree coupled with relevant practical experience
 - a proven track record at Performance/High Performance level in judo

The course leader interviews applicants with non-standard qualifications.

Sports Specific:

- Open to coaches 21 years old or above on the course start date
- 1st Dan or above
- Normally you will require to be a NGB BJA Level 3 Coach Award
- Coaches must hold a current British Judo Association Membership (should be kept in date)
- Coaches are required to have a minimum 3 years' experience of coaching at performance level.

Application Form and Judo CV:

Forward your completed official Sheffield Hallam University application form

<http://www.shu.ac.uk/study/form>

to:

Joyce Heron
Education & Training Manager
British Judo Association
Suite B Tech Centre
Epinal Way
Loughborough LE11 3GE

Email: joyce.heron@britishjudo.org.uk
Mobile: 07967 773813

Applications direct to British Judo Association by **Friday July 7 2017**

Successful applications will be informed by **Friday July 14 2017**

For any further information or questions, you can contact Joyce Heron at the above address.