



Foundation Degree in Community Football Coaching Development

Information Package 2021



University of
South Wales
Prifysgol
De Cymru

Contents //

- 3 **Course Information**
- 4 **Foundation Degree Pathway**
- 5 **Year One Content**
- 6 **Year Two Content**
- 7 **Why We're Different**
- 8 **Current Feedback**
- 9 **What We Achieve & How**
- 10 **Get On Board**
- 11 **Contact Information**



Course Information //

This course is designed to allow students to study all sub-disciplines of coaching & an opportunity to apply their knowledge with an extensive work based learning programme provided by the Club, working within specific roles & real life football projects.

You will be enrolled as a student at the University of South Wales & have access to a number of learning materials

Five-day teaching residential per year at the University of South Wales High Performance Centre

Coaching that is managed through tutorials & a mentoring programme

Study towards your Level 2 Football Coaching Certificate & gain numerous opportunities to undertake additional vocational awards

Access to online library, Blackboard & other learning materials

Assessments //

**Lecturers - Interactive Workshops - Practical Sessions
Work-Based Learning - Tutorials - Online Delivery**

Foundation Degree Pathway //



Year One //



Introduction to Sport Science

Gain basic knowledge & understanding about sports science in relation to football & to identify how its application may aid the coach in developing athletes to achieve improved sporting performance.



Football Event Management

Provide knowledge to be able to establish or support community football events. Involves students learning the key skills required to effectively manage & deliver successful community focused events. Allow students to apply this knowledge in planning, delivering & evaluating a community football event.



Introduction to Sports Development

Introduce students to the principles, roles & scope of sports development work within the UK.






Football Coaching Theory to Practice

Deliver supporting information in order to provide a theoretical understanding of the holistic aspects involved in football coaching. This consist of providing knowledge in relation to long term player development, coaching pedagogy, teaching games for understanding, aspects of diet & nutrition, & learning/teaching strategies required when coaching players aged 5 – 11 years.



Academic Research & Professional Skills

Gain the fundamental social, interpersonal & academic building blocks for a vibrant & successful University experience. Equipping you with transferable professional skills that enable them to function in a professional environment.

Data					
Block & Topic	Learning Objectives	Equipment	Class	Risk Assessment	
1. Getting started aged 30-50 physically active					
Task	Learning points	Diagram	Prog	Adapt	
Individual	<p>Test own pace, 1 minute of walking, slowly increased to walk during the 20 seconds.</p> <p>Slower higher age bracket</p>				
10m x 10m	<p>Standard games of football to include some tactical exercises for the younger players</p>				Adapt
40m x 40m	<p>Individually run from the middle dot to one of the 4 outside cones before returning to the middle cone, and eventually do this for each cone and return to the middle cone in 30 seconds</p>				Adapt

Technical Planning & Reflective Practice in Football

Effectively ensure that students understand the process of planning, preparing, conducting & effectively reflecting on practical coaching sessions. To develop understanding of the coaching process, whilst additionally supporting continuous coaching development by providing students with key reflective skills in order to develop their overall effectiveness of coaching football.

Year Two //



Sport Placement

Enables the learner to engage in reflection of their learning through work experience. The module will provide an opportunity for students to develop reflective practice that can be used to enhance the effectiveness of their work related experience.

Students will be provided with the opportunity to conduct their work related experience within a number of key vocational areas related to the football and rugby coaching and development industry.



Football in Society

Concept of community sports development, with a specific focus upon football. Examining the success of initiatives complemented by an overview of the challenges faced by specific population target groups.

Explore the importance of developing, maintaining & improving sports partnership arrangements within the community to enhance grassroots football participations.



Project Operations Management

Understanding of project management processes & techniques. Learn a range of project management related skills with the necessary supporting knowledge to allow students to effectively plan projects, understanding the fundamentals of operations management within a project management environment.



Youth Football Coaching

This module looks at both the theoretical and practical skills of "what to coach" at primary and junior level (12-17 years of age). Providing students with a more in depth knowledge of the game of football and the principles associated with the development of adolescent performers.

Helping to improve and challenge students in their technical and tactical knowledge within a variety of football formats.



PE & School Sport

Analyse the role of the PE teacher & sports coach, within primary & secondary education with an emphasis on government involvement.

Provide an understanding of the factors that impact on & limit young peoples participation in PE, School Sport & concept of Physical Literacy & its importance to PE & School Sport.



Additional option of doing the Top Up third year to make the Foundation Degree become a full Degree Qualification.

Why We're Different //

1

12-14 Contact Hours with Education Mentor

Attend lectures 4 times a week with lecture lasting 2 hours with an opportunity for independent learning & group discussions to further understanding.

2

Potential Coaching Hours & Support

Opportunity to have your coaching sessions observed & gain individual development opportunity by your Education Mentor who is an UEFA B coach working within a top WSL Academy.

3

Individual Learning Support

Understand your own learning style & what environment you work to get the best out of your learning. Gain individual support from your Education Mentor.

4

Regular Communication & Support

Engage in quarterly catch-ups with your education mentor to discuss how you're finding the course, areas you want to develop in & how we can best support you to achieve your potential.

5

Opportunity for Flexible Learning

Gain flexibility to work from home using the online course content & meet virtually or face-to-face with your Education Mentor on a bi-weekly structure.

6

Foundation Support

Due to the course being delivered at The Lamex Stadium, you have the opportunity to build relationship with all departments & learn more about specific areas of work.

Current Feedback //

"Really Enjoyable Course! I've Found The Sports Science Module Most Interesting & Find That I Can Engage With The Information Within My Coaching Too."

"I've Been Determined To Improve My Coaching & With This Course & The Support From Lucy, This Has Allowed Me To Really Grow & Develop."

"The Support I've Received Since The Start Has Been Brilliant. Being Able To Go Through Work With Lucy Has Enabled Me To Get A Better Understanding & Better Grades."

"Having 1-2-1 Meetings With Lucy Every Term, Has Been Extremely Useful. It Has Allowed Me To Become More Focused With What I Want To Achieve."

"The Support Inside & Outside Of The Classroom Has Been Excellent. Lucy Is Always Available For A Chat, & Is Always Understanding Of Any Personal Issues & Has Been A Great Support."

"I've Found The Course To Be Quite A Big Step From College. However, The Support You Get Is Really Good & Allows You To Continue To Engage With The Work Being Set."

"Reflected by the students grades across the piste of modules, their delivery and attitude this week on residential has been highlighted by several staff members as exemplar and I'm sure Adam will support this via his visit to you."

Bobby Briers
Course Leader



What We Achieve & How //

Grade Average



All students are achieving a grade of a 2:1 & above in their overall module grades.

Current Satisfaction



Overall student satisfaction of the delivery & support given is high.

Quarterly 1-2-1 Meetings



Scheduled quarterly 1-2-1 meetings with Education Mentor.

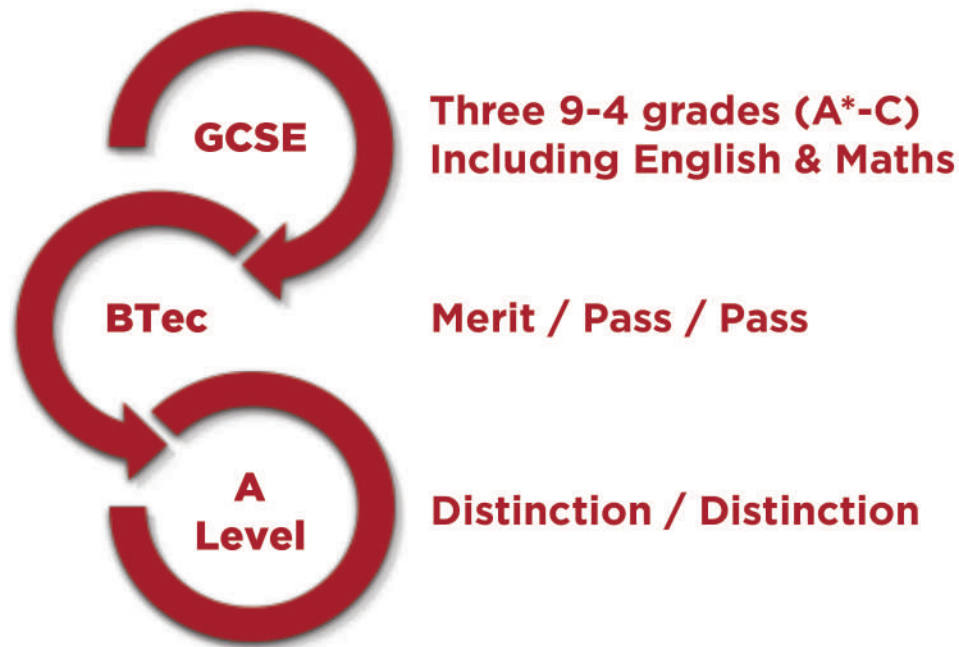
1-2-1 EFL Support



Receive bi-annual 1-2-1 meetings with representatives of the EFL Trust.

Get On Board //

Entry Requirements



- ☐ Enhanced DBS Check
- ☐ FA Level One In Coaching Football
(Completed or In The Process)

How to Apply

The cost of the degree course each year is £9,000 starting from August 2021 - July 2022.

This is all covered by UCAS Student Finance.

To pay for the course you will need to apply directly through UCAS STUDENT FINANCE.

Once your place on the course has been accepted, you can then apply to Student Finance.

- ➡ Go Directly To...
- ➡ USW Community Coaching & Development Web Page
- ➡ Press **APPLY DIRECTLY**
- ➡ Register & Enter Your Details
- ➡ Press Send!

Contact //

Lucy Burdin

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Monday - Friday (10am-2pm)

Stevenage FC Foundation

www.stevenagefcfoundation.com

University of South Wales

Community Football Coaching & Development Information

www.southwales.ac.uk



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