

D.C SPORTS MANAGEMENT UNI PROGRAMME

KICK OFF YOUR CAREER IN SPORTS WITH
D.C SPORTS MANAGEMENT



PROSPECTUS 23/24

WHO WE ARE

D.C Sports Management Uni Programme, working in partnership with UCS and part of the D.C Sports Education Group provides a universal approach to academia and work/life experiences to the maximum benefit of all its students and student athletes.

UCS employed lecturers deliver all academic content on The D.C Sports Management Uni Programme



UCS is the Higher Education arm of VLUK, a Nationwide government-funded and regulated training provider. We educate approximately 1600 learners each Academic Year, with a proven track record of outstanding learner outcomes in the sports and performing arts industries.

Our core philosophy revolves around bringing theoretical knowledge to life through industry-specific practical learning. We believe in developing core academic skills for all learners to engage in further and higher education, with appropriate exit routes to positive destinations being a key focus.

Our target is for all learners to be confident young people who are engaged in lifelong learning, developing softer skills, and becoming competitive in the workplace and employable in their chosen industry.



CAREERS OPPORTUNITIES



Along with working towards a Bachelor of Science (BSc) Undergraduate Degree we aim to offer a wide range of work placement opportunities for our learners. An essential aspect of working in semi-professional sport is gaining a variety of work experience, as this will enhance the possibilities of working in your designated career. We offer these wrk experiences in a variety of areas, such as:

Sports Coaching
Sports Analysis
Talent Identification
Strength & Cnditioning
Teaching
Player Pathway Programme

A key aspect of the D.C Sports Management Uni Programme is that alongside the BSc degree each learner is provided with a variety of opportunities to gain work experience in a multitude of roles.

UCS



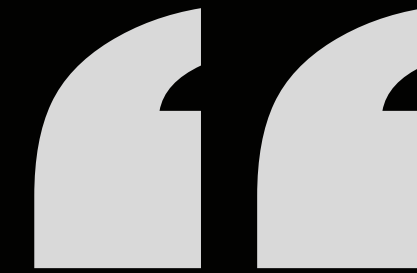
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SPORTS COACHING

Whilst studying on The D.C Sports Management Uni Programme, our learners have numerous opportunities to develop a career as a semi-professional sports coach. Not only do our learners progress as qualified coaches they are also provided with vital work experience opportunities at semi-professional clubs in Lincolnshire, Cambridgeshire, Norfolk & Nottinghamshire.

As part of The D.C Sports Management Uni Programme our learners are provided with opportunities to gain qualifications with the associated National Governing Body, with the cost subsidised by D.C Sports Management Uni Programme. In addition to gaining coaching qualifications our learners are provided work experience placements at semi-professional clubs. This is an invaluable experience that will enhance the quality of our learners CV, as they can observe other coaches deliver a high level of practice sessions. This will assist in developing a deeper understanding of the various roles and responsibilities of a football coach, in addition to observing a variety of training practices.



**THE COUNTLESS HOURS
I HAVE GAINED ON
WORK EXPERIENCE
HAS BEEN INVALUABLE**



**JOE ROTHWELL
UCS ALUMNI**



CAREERS IN COACHING

A number of our learners have already gone on to carve impressive careers in sports coaching



Joe Rothwell - Level Two qualified coach and preparing for his UEFA B. Joe is a lead coach at The Football College where he leads training practices for 16-19 year olds. Joe has also set up his own coaching company where he carries out 1-1 sessions.



Habtamu Ayele - Habtamu is a lead coach at The Football College and has shown tremendous potential leading his development team to the championship. He is now preparing for his UEFA B with aspirations to coach abroad at first-team level.



HJordan Booth - Jordan has developed tremendously over his time with UCS. He is now undergoing his UEFA B coaching qualification whilst also working for Manchester United women's team and Salford City Academy.



SPORTS ANALYSIS

In addition to studying a Bachelor of Science (BSc) in Sports Coaching, our learners are provided with work experience opportunities that will enable them to have successful careers in sports analysis.

We have partnered with InPlay Sports & Veo, who have provided us with software that allows our learners to tag and code competitive matches. This is a fundamental aspect of sports analysis as it allows managers and coaches to assess the performance of their players and key performance indicators.



**I HAVE USED SOFTWARES THAT
HAVE ENABLED ME TO GAIN WORK
EXPERIENCE WITH ACCRINGTON
STANLEY**



**Keegan Baguley
UCS ALUMNI**





TALENT IDENTIFICATION

Our learners can continue their development in talent identification by undertaking additional qualifications alongside their Bachelor of Science (BSc) degree. This involves partaking in talent identification qualifications carried out by the Football Association (FA). Using the plethora of knowledge obtained from The D.C Sports Management Uni Programme and the FA our learners have the capabilities of working within semi professional and professional football clubs identifying talented players for their respective clubs.

A vital ingredient of working in semi professional football is having work experience. A key aspect of talent acquisition is understanding the key performance indicators required to assess, This experience comes with working with our partnered clubs. This opportunity encourages our learners to assess live football matches on behalf of our associated clubs and identify talented players using the key indicators specified by the learners assigned club.

STRENGTH & CONDITIONING

A fundamental aspect of player development is strength and conditioning, as players who are in peak physical condition have a greater possibility of reaching optimal performance levels. As part of studying a Bachelor of Science (BSc) undergraduate degree, our learners will develop an understanding of key fitness training methods required to develop the components of fitness.

Furthermore, modules within the course will assist learners in enhancing their knowledge in key areas, such as; anatomy & physiology and sports nutrition. These areas will provide the foundation of knowledge to support learners in developing their career in strength and conditioning.

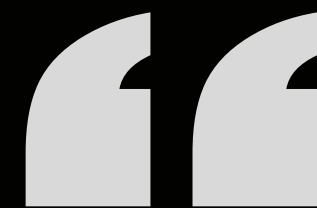
As ever, a key component of strength and conditioning is gaining vital work experience opportunities. We assist all of our learners in this area, as our strength and conditioning learners can access student-athletes in a college environment. These aspiring young athletes require further training in strength and conditioning, which provides opportunities for practical work experience opportunities for our learners. Moreover, our learners can gain placements at semi-professional clubs, gaining valuable insights into how high-level professionals operate in a working environment.



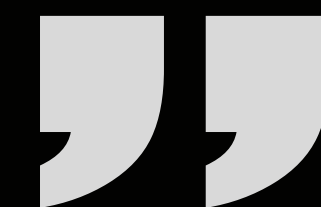
ASPIRING TEACHERS

The modules within the Bachelor of Science (BSc) lend themselves perfectly for aspiring teachers, as learners will develop an understanding of the physiological and psychological and psychological aspect of the human body, whilst delving into issues within society and carrying our research projects in your area of study. Also, our students will deliver presentations as part of their course, enhancing their experience leading a group alongside building their confidence.

Continuing the professional development of our learners is core to everything we do at The D.C Sports Management Uni Programme, which ensures our learners continue to gain work experience in local schools where they can observe experienced professionals in their field using a variety of learning styles. This fundamental aspect of the course will enhance the teaching skills of our learners whilst preparing them for their PGCE and beyond into their career



SELECTING THE NEXT PATH IN A LEARNING JOURNEY CAN BE CONFUSING FOR ANY STUDENT. OUR DEDICATED TEAM WILL HELP YOU MAKE A DECISION WHICH BEST SUPPORTS YOUR CAREER ASPIRATIONS.



**Dominic Anderson
Head of Universal Centre of Sport (UCS)**



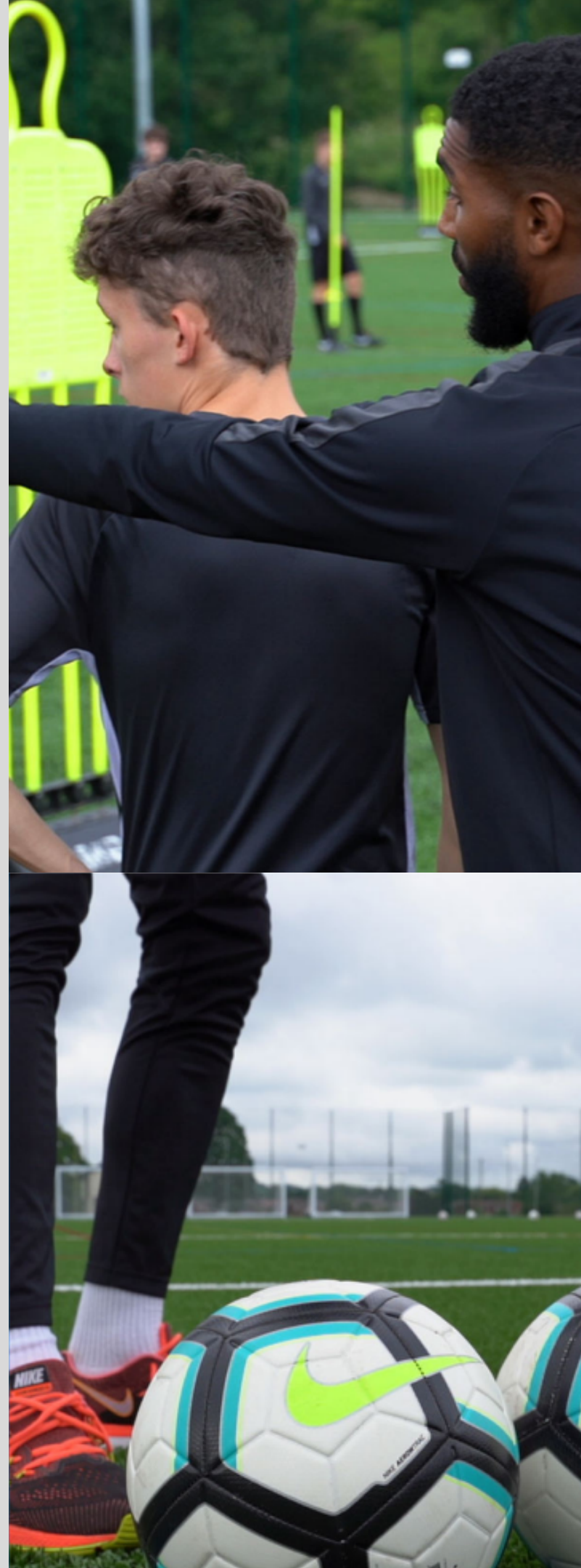
THE COURSE



BSc

SPORTS COACHING

A CAREER IN SPORTS AWAITS



YEAR 1

Higher National Certificate in Sport and Exercise Science (Coaching Science)

YEAR 2

Higher National Diploma Sport and Exercise Science (Coaching Science)

YEAR 3

Higher National Diploma Bachelor of Science (BSc) in Sports Coaching

UCS



UCS



The Higher National Certificate in Sport and Exercise Science (Coaching Science) provides opportunities for learners to develop their knowledge in high-performance sport. The modules allow for learners to fully understand how athletes can reach optimal performance. The HNC is made up of a series of modules:

Unit 1 - Sports Nutrition

Unit 2 - Fundamentals of Sport and Exercise Psychology

Unit 3 - Anatomy & Physiology

Unit 4 - Professional Skills (Pearson Set)

Unit 5 - Coaching Practice and Skills Development

Unit 6 - Training, Fitness, Testing

Unit 7 - Physical Activity, Lifestyle & Health

Unit 11 - Injury Prevention



HIGHER NATIONAL CERTIFICATE SPORTS COACHING SCIENCE

The Higher National Certificate in Sport and Exercise Science (Coaching Science) provides students with the opportunity to develop an understanding of the roles of sports development and coaching, as well as practice managerial skills and knowledge that can be applied within a variety of sports industries.

**Course Type:
Full time**

**Course Duration:
One Year (Year 1 of 3)**

**Entry Requirements:
96 UCAS Points plus GCSE
English & Maths (Grades 4-9)
or Access to HE Certificate**

The UCS programme is built as a 3 year pathway:

**Year 1 - HNC
Year 2 - HND
Year 3 - BSc (Hons)**



The Higher National Diploma in Sport and Exercise Science (Coaching Science) offers opportunities for our students to continue to explore how athletes can be assisted to develop their levels of performance, whilst continuing their own personal development by carrying out independent research projects.

Modules:

Unit 14 - Research Project

Unit 15 - Advanced Coaching

Unit 16 - Performance Analysis

Unit 17 - Talent ID and Development

Unit 24 - Work Experience

Unit 25 - Injury Rehabilitation



YEAR 2 HIGHER NATIONAL DIPLOMA SPORTS COACHING SCIENCE

The Higher National Diploma in Sport and Exercise Science (Coaching Science) offers opportunities for our students to continue to explore how athletes can be assisted to develop their levels of performance, whilst continuing their own personal development by carrying independent research projects.

In addition to studying these modules our learners are expected to carry out work experience in their desired profession. This will provide essential experience for our learners that will enhance their knowledge whilst creating a network of contacts within the sport.



The BSc is built around 5 modules in 2 semesters:

Semester 1

- 1. Research Methodologies in Sport**
- 2. Performance Coaching**
- 3. Nutrition, Lifestyle and Health for Athletes**

Semester 2

- 3. Planning and Performance Management**
- 4. Dissertation**



YEAR 3 BSC SPORTS COACHING

The BSc in Sports Coaching develops the knowledge obtained from the HNC and HND qualifications into a full Bachelor of Science degree. In the third and final year, our learners are delving further into their desired careers and carrying out research within their industry. As a result of carrying out research, our learners are allowed to pursue interests, and to learn something new, and to hone their problem-solving skills.



POST GRADUATE COURSE

Upon the completion of the learner's Bachelor of Science in Coaching, the learners have opportunities to progress onto Postgraduate courses. This exit route includes both Masters and Postgraduate Certificate in Education (PGCE) that will enhance their employment opportunities.

Once the learner has decided to specialise within a specific career they are provided with opportunities to further enhance their skills and knowledge in this area by enrolling onto a postgraduate course. This will allow learners to enhance career prospects in their desired profession.



MASTERS

Our learners can pick from numerous exit routes including a Masters in: Sports Coaching, Sports Analysis or Strength and Conditioning. A learner will have the opportunity to expand their knowledge relating to their professional field, as they will acquire skills in new technologies and methods that have developed in their area.

**Post Graduate Certificate in Education (PGCE)
Should our learners decide to pursue a career in teaching the BSc qualification will enable them to enrol onto a PGCE. This qualification will provide opportunities to teach in primary, secondary or further education, dependent on which level of education our learner pursues.**



GUEST SPEAKERS

A fundamental approach to our education is to widen the knowledge of our learners through guest speakers. Guest speakers are capable of bringing out previous experience behind some of the concepts that are being taught within lectures, for example former England manager Sam Allardyce discussing his career in sports coaching.

Our guest speakers frequently provide insights into the world of work, whether that be coaches, sports analysts or strength and conditioning coaches. In doing so, they contribute to the knowledge obtained in the lectures, which provides good practice for careers in the learners desired profession. Thus, our learners are provided with multiple opportunities to learn from guest speakers in regard to the key skills that are valued in the workplace.



PREVIOUS GUEST SPEAKERS

**Sam Allardyce (Former England Manager)
Provided UCS students with his experiences throughout football and the determination needed to be successful.**

**Ben Benson (Blackburn Goalkeeper Coach)
Our students heard Ben's story from grassroots to professional football, focusing on hard work, dedication and application.**

**John Lucas (Strength and Conditioning Coach)
Delivered a fascinating insight into strength and conditioning and 'making periodisation work within a team sport'.**

**Anthony Johnson (Chester FC Manager)
Delivered a talk on the need for passion, drive and dreams starting as a player and his coaching journey.**





A continuing theme throughout our course is that we offer vital work experiences to our learners in a variety of areas. That is no different for the practical aspect of the course.

Our highest ability players have the opportunities to gain work experience with semi-professional football clubs in the UK. Working in partnership with D.C Sports Management we offer learners opportunities to play within our outreach partnered clubs whilst getting a Bachelor of Science (BSc) degree.

