



Writtle
University
College

UNDERGRADUATE SPORT SCIENCE PROGRAMMES 2020





DID YOU KNOW?

OUR SPORTS COURSES EXPLORE THE SCIENCE BEHIND ATHLETIC FUNCTION AFFORDING YOU THE UNDERSTANDING OF THE BIOLOGICAL, PHYSIOLOGICAL AND PSYCHOLOGICAL ELEMENTS THAT CAN AFFECT BOTH AMATEUR AND ELITE PERFORMANCE.

CAN YOU MAKE AN IMPACT?

You can make a big impact in the sports industry! Our sport courses focus on the science behind health in the everyday and performance in the elite athlete. You will learn through practical, hands-on classes using the latest sports facilities and equipment.

Top Reasons to study Sport Science at Writtle University College:

1. You will relate your studies to the real world of sport and health through work placements, volunteering or shadowing.
2. Staff are experienced practitioners in elite sport such as football, cycling, GB Basketball, squash, athletics as well as in referral and rehabilitation.
3. You can assist in the assessment of professional athletic performance across many disciplines in our sports performance laboratory.
4. Opportunities to work and undertake projects in a professional setting with. with Southend United Football Club, Essex County Cricket Club, Team OnForm, Essex Outdoors, PGL Travel.
5. Develop a highly practical, well-rounded view of health and performance through a varied range of assessments such as real-life case studies, newspaper articles, infographic design, and presentations.

We hope this guide gives you all the information you need, but please do not hesitate to contact our admissions team if you have any questions about applying to study here, want an update on the status of your application, or have a query about what you need to do next.

T: 01245 424200

E admissions@writtle.ac.uk

<https://writtle.ac.uk/UG-Sports-Science>



UCAS CODE: CX70

BSC (HONS)
SPORT SCIENCE
CHRONIC
HEALTH
CONDITIONS
PATHWAY



<https://writtle.ac.uk/UG-Sports-Science>

ABOUT THE
COURSE

The BSc (Hons) Sport Science (Chronic Health Conditions) award provides a tailored degree-level sport science course to appeal to those students interested in developing their knowledge across a range of exercise related disciplines in relation to health conditions such as physiology, nutrition, psychology and the impact restricted health has on daily living. This award will give the student a thorough understanding of the aspects that influence individual personal welfare, health and needs when living with a chronic health condition.

ENTRY
REQUIREMENTS

- UCAS Tarrif points: 96
- For a full list of entry requirements please visit our website.

ASSESSMENT
METHODS

- This course provides a mix of assessment methods including.
- Practical assessments - both in small groups and individually
 - Practical portfolios
 - Presentations - both individually and in small groups
 - Reflective logbooks
 - Case studies
 - Critiques of literature
 - Written assessments
 - Examinations - both multiple choice and essay questions
 - Reports
 - Peer and tutor observations
 - Capstone Project

COURSE MODULES

Highlighted modules respresent the chosen pathway

Level 4		Level 5		Level 6	
Semester 1	Semester 2	Semester 3	Semester 4	Semester 5	Semester 6
Professional Skills for the Sport Industry	Introduction to Performance Analysis for Team Sports	Research Skills in Sport Science	Health Psychology	Dissertation	
Human Anatomy and Physiology		Physiology, Nutrition and Exercise		Applied Coaching Science	
Introduction to Psychology	Contemporary Issues in Sport	Principles of Strength and Conditioning	Skills for the Exercise Referral Practitioner	Applied Exercise Physiology	Exercise Rehabilitation for Chronic Health Conditions
Coaching in Practice	Analysis of Human Movement and Performance			Applied Sport and Exercise Psychology	



UCAS CODE: CX60

BSC (HONS)
SPORT SCIENCE
COACHING
PATHWAY



<https://writtle.ac.uk/UG-Sports-Science>

ABOUT THE
COURSE

The BSc (Hons) Sport Science (Coaching) award provides a tailored degree-level sport science course for those interested in developing knowledge across a range of coaching-related disciplines such as physiology, nutrition, psychology and coaching. This three-year full-time award provides the theoretical and developmental aspects of sport in conjunction with the practical skills needed for many of the varied careers that exist within the industry

ENTRY
REQUIREMENTS

- UCAS Tarrif points: 96
- For a full list of entry requirements please visit our website.

ASSESSMENT
METHODS

This course provides a mix of assessment methods including.

- Practical assessments - both in small groups and individually
- Practical portfolios
- Presentations - both individually and in small groups
- Reflective logbooks
- Case studies
- Critiques of literature
- Written assessments
- Examinations - both multiple choice and essay questions
- Reports
- Peer and tutor observations
- Capstone Project

COURSE MODULES

Highlighted modules represent the chosen pathway

Level 4		Level 5		Level 6	
Semester 1	Semester 2	Semester 3	Semester 4	Semester 5	Semester 6
Professional Skills for the Sport Industry	Introduction to Performance Analysis for Team Sports	Research Skills in Sport Science	Health Psychology	Dissertation	
Human Anatomy and Physiology		Physiology, Nutrition and Exercise		Applied Coaching Science	
Introduction to Psychology	Contemporary Issues in Sport	Principles of Strength and Conditioning	Developing Innovative and Inclusive Practice	Applied Exercise Physiology	Topical Issues in Sport
Coaching in Practice	Analysis of Human Movement and Performance		Coaching and Leadership	Applied Sport and Exercise Psychology	Performance and Exercise Nutrition



UCAS CODE: C690

FDSC
SPORT SCIENCE
WITH OUTDOOR
ACTIVITY



<https://writtle.ac.uk/UG-Sports-Science>

ABOUT THE
COURSE

The FdSc Sport Science (Outdoor Activity) degree provides much of the theoretical knowledge of sports science required for the broader needs of sport in general as well as bespoke outdoor activity training in the first year and industry experience within the second year to provide professional and high quality training in five core skills (archery, paddleboarding, paddlesport, sailing and climbing) during the first year of the course before going on to focus in one or more specialised disciplines within the second year. The motivated and successful student will be offered the chance for interview at Essex Outdoors for paid seasonal placement and work experience that is tailored to their two years of study.

ASSESSMENT
METHODS

- This course contains a variety of assessment methods to ensure practical and academic competence. The following list shows the variety of assessment methods experienced on this course.
- Practical portfolios
 - Mini-projects
 - Reflective logbooks
 - Presentations
 - Critiques of literature
 - Composition of coaching and training plans
 - Peer and tutor observations
 - Reports
 - Examinations

ENTRY
REQUIREMENTS

- UCAS Tarrif points: 48
- For a full list of entry requirements please visit our website.



COURSE MODULES

Level 4		Level 5	
Semester 1	Semester 2	Semester 3	Semester 4
Human Anatomy and Physiology		Physiology, Nutrition for Exercise	
Professional Skills for the Sport Industry	Analysis of Human Movement and Performance	Research Skills in Sport Science	Coaching and Leadership
Introduction to Psychology	Working in Outdoor Activity	Principles of Strength and Conditioning	Developing a Career in Outdoor Activity
Coaching in Practice			



UCAS CODE: C589

FDSC

SPORT SCIENCE

CYCLING PERFORMANCE



<https://writtle.ac.uk/UG-Sports-Science>

ABOUT THE COURSE

This two-year FdSc Sport Science (Cycling Performance) is an exciting new course designed so you can pursue your cycling ambitions while studying. The unique feature of this programme is the access it will give you to varied, exciting cycling industry opportunities nationally and internationally enabling you to gain high quality work-based learning in a truly rewarding cycling environment. It is aimed at either aspiring cyclists who want to improve their own performance or those who have a passion for cycling and want to enter into a career in coaching, team management or cycling development.

ENTRY REQUIREMENTS

- UCAS Tarrif points: 48
- For a full list of entry requirements please visit our website.



ASSESSMENT METHODS

This course contains a variety of assessment methods to ensure practical and academic competence. The following list shows the variety of assessment methods experienced on this course.

- Practical portfolios
- Mini-projects
- Reflective logbooks
- Presentations
- Critiques of literature
- Composition of coaching and training plans
- Peer and tutor observations
- Reports
- Examinations

COURSE MODULES

Level 4		Level 5	
Semester 1	Semester 2	Semester 3	Semester 4
Human Anatomy and Physiology		Physiology, Nutrition and Exercise	
Professional Skills for the Sport Industry	Analysis of Human Movement and Performance	Research Skills in Sport Science	Coaching and Leadership
Coaching in Practice	Working in Cycling	Principles of Strength and Conditioning	Developing a Career in Cycling
Introduction to Psychology			



UCAS CODE: CX71

DIPLOMA OF HE SPORT SCIENCE

CHRONIC HEALTH CONDITIONS PATHWAY



<https://writtle.ac.uk/UG-Sports-Science>

ABOUT THE COURSE

This course consists of the first two years of the BSc Sport Science degrees, allowing students to graduate after only two years with a recognised qualification that lets them work in a wide range of sporting settings. Students may also choose to continue on to the third year of the BSc honours programmes in order to obtain a full BSc honours degree, depending on their chosen diploma - this one leading on to the Chronic Health Conditions Pathway

ENTRY REQUIREMENTS

- UCAS Tarrif points: 80
- For a more detailed list of entry requirements, please visit our website.

ASSESSMENT METHODS

This course contains a variety of assessment methods to ensure practical and academic competence.

- Case studies
- Examinations - both multiple choice and essay questions
- Practical portfolios
- Mini-projects
- Reflective logbooks
- Presentations - both individually and in small groups
- Reports
- Essays
- Individualised coaching plans
- Practical assessments - both in small groups and individually
- Written assessments
- Peer and tutor observations

COURSE MODULES

Highlighted modules represent the chosen pathway

Level 4		Level 5	
Semester 1	Semester 2	Semester 3	Semester 4
Professional Skills for the Sport Industry	Introduction to Performance Analysis for Team Sports	Physiology, Nutrition and Exercise	
		Research Skills in Sport Science	Health Psychology
Human Anatomy and Physiology		Principles of Strength and Conditioning	Skills for the Exercise Referral Practitioner
Introduction to Psychology	Contemporary Issues in Sport		
Coaching in Practice	Analysis of Human Movement and Performance		



UCAS CODE: CX61

DIPLOMA OF HE SPORT SCIENCE COACHING PATHWAY



<https://writtle.ac.uk/UG-Sports-Science>

ABOUT THE COURSE

This course consists of the first two years of the BSc Sport Science degrees, allowing students to graduate after only two years with a recognised qualification that lets them work in a wide range of sporting settings. Students may also choose to continue on to the third year of the BSc honours programmes in order to obtain a full BSc honours degree, depending on their chosen diploma - this one leading on to the Coaching Pathway

ENTRY REQUIREMENTS

- UCAS Tarrif points: 80
- For a full list of entry requirements please visit our website.

ASSESSMENT METHODS

This course contains a variety of assessment methods to ensure practical and academic competence.

- Case studies
- Examinations - both multiple choice and essay questions
- Practical portfolios
- Mini-projects
- Reflective logbooks
- Presentations - both individually and in small groups
- Reports
- Essays
- Individualised coaching plans
- Practical assessments - both in small groups and individually
- Written assessments
- Peer and tutor observations

COURSE MODULES

Highlighted modules respresent the chosen pathway

Level 4		Level 5	
Semester 1	Semester 2	Semester 3	Semester 4
Professional Skills for the Sport Industry	Introduction to Performance Analysis for Team Sports	Physiology, Nutrition and Exercise	
		Research Skills in Sport Science	Health Psychology
Human Anatomy and Physiology		Principles of Strength and Conditioning	Developing Innovative and Inclusive Practice
Introduction to Psychology	Contemporary Issues in Sport		Coaching and Leadership
Coaching in Practice	Analysis of Human Movement and Performance		



UCAS CODE: CX62

CERTIFICATE OF HE SPORT STUDIES



<https://writtle.ac.uk/UG-Sports-Science>

ABOUT THE COURSE

Sports Science is concerned with the understanding of human performance. Its aim is to assist the coach/athlete to achieve as high a standard of theory as possible using technology and research as assistance and guidance. The fundamentals of human anatomy and physiology are core throughout this one-year Certificate of Higher Education in Sports Studies. However, the principals of psychology and related areas such as human movement and performance analysis also play a major role.

ENTRY REQUIREMENTS

- UCAS Tarrif points: 48
- For a full list of entry requirements please visit our website.

ASSESSMENT METHODS

This course contains a variety of assessment methods to ensure practical and academic competence. The following list shows the variety of assessment methods experienced on this course.

- Practical portfolios
- Mini-projects
- Reflective logbooks
- Presentations
- Critiques of literature
- Composition of coaching and training plans
- Peer and tutor observations
- Reports
- Case studies
- Examinations

COURSE MODULES

Level 4	
Semester 1	Semester 2
Professional Skills for the Sport Industry	Introduction for Performance Analysis for Team Sports
Human Anatomy and Physiology	
Introduction to Psychology	Contemporary Issues in Sport
Coaching in Practice	Analysis of Human Movement and Performance



UCAS CODE: C691

CERTIFICATE OF
HE

SPORT SCIENCE
WITH
OUTDOOR
ACTIVITY



<https://writtle.ac.uk/UG-Sports-Science>

ABOUT THE
COURSE

The Certificate of Higher Education in Sports Science Studies with Outdoor Activity provides a balance of vocational experience and academic study that equips students with a foundation of practical training as an outdoor instructor to enable them to undertake a career in the outdoor activity/adventure industry.

ENTRY
REQUIREMENTS

- UCAS Tarrif points: 48
- For a full list of entry requirements please visit our website.



ASSESSMENT
METHODS

This course contains a variety of assessment methods to ensure practical and academic competence. The following list shows the variety of assessment methods experienced on this course.

- Practical portfolios
- Mini-projects
- Reflective logbooks
- Presentations
- Critiques of literature
- Composition of coaching and training plans
- Peer and tutor observations
- Reports
- Case studies
- Examinations

COURSE MODULES

Level 4	
Semester 1	Semester 2
Professional Skills for the Sport Industry	Analysis of Human Movement and Performance
Human Anatomy and Physiology	
Introduction to Psychology	Working in Outdoor Activity
Coaching in Practice	



UCAS CODE: C590

CERTIFICATE OF HE CYCLING PERFORMANCE



<https://writtle.ac.uk/UG-Sports-Science>

ABOUT THE COURSE

The Certificate of Higher Education in Cycling Studies is a perfect foundation for passionate cyclists who wish to pursue a cycling career while continuing their education or, perhaps, for those who are seeking to make a career change from an unrelated occupation and wish to develop greater knowledge of the science behind cycling and coaching.

ENTRY REQUIREMENTS

- UCAS Tarrif points: 48
- For a full list of entry requirements please visit our website.



ASSESSMENT METHODS

This course contains a variety of assessment methods to ensure practical and academic competence. The following list shows the variety of assessment methods experienced on this course.

- Practical portfolios
- Mini-projects
- Reflective logbooks
- Presentations
- Critiques of literature
- Composition of coaching and training plans
- Peer and tutor observations
- Reports
- Case studies
- Examinations

COURSE MODULES

Level 4	
Semester 1	Semester 2
Professional Skills for the Sport Industry	Analysis of Movement and Performance
Human Anatomy and Physiology	
Introduction to Psychology	Working in Cycling
Coaching in Practice	



POTENTIAL CAREER PROSPECTS:

- Performance Analyst
- Sports Specific Coach
- Exercise physiologist
- Teaching or Lecturing in Physical Education or Science
- Sports Development Officer
- Research and further study – MSc and PhD (e.g. health, microbiology, applied science)
- Clinical Cardiac physiologist
- Outdoor Instructor / Leader
- Strength and Conditioning Coach
- Nutritionist
- Sports Management in a variety of disciplines
- Biomechanist
- Fitness Testing & Consultancy
- Personal Trainer
- Health Promotion Specialist
- Rehabilitation physiologist
- Physical Activity Development Manager
- Respiratory Physiologist
- Sports Journalism
- Sports Retail

<https://writtle.ac.uk/UG-Sports-Science>



SPORTS LAB EQUIPMENT

- Wattbike
- Mobile Bioimpedance Body Composition Analyser
- ForceDecks dual force plate platform
- Blood lactate and haematocrit portable analyser
- Hypobaric (altitude) simulator
- Wingate anaerobic testing
- Hamstring asymmetry
- Online Gas Analyser
- Power Meters
- Lode Ergometer
- EMG
- Timing Gates

COURSE FACTS

1. You will work in a friendly and supportive environment that will develop your potential in the sports industry.
2. Our teaching course team has experts in a variety of disciplines of applied clinical practice including nutrition, physiology, strength & conditioning, psychology and performance testing.
3. Our staff are involved in research and they bring this into their lecturing area of expertise – they are truly passionate about what they teach.
4. You will benefit from coaching seminars, invited speakers and presenters, workshops, visits and opportunities for additional qualifications.
5. Our courses are highly practical with work placements, volunteering and shadowing opportunities to apply knowledge gained in the classroom and laboratory into the real world of sport.
6. You will have the option of specialising in areas such as Cycling Performance, Football Analysis, Referral and Rehabilitation and Outdoor Activity.
7. Our graduates go on to a wide range of careers including PE Teaching, Sports Development, Coaching, Physiotherapy and Outdoor Instructing.
8. You will get access to modern facilities and resources on campus which includes our fully equipped sports laboratory.










STUDENT PROFILE

"As a result of studying at Writtle I have been fortunate to secure graduate employment as a biomedical assistant in a hospital laboratory. Be it through practical learning opportunities, varied teaching styles or individual mentoring, studying at Writtle University College provided a great foundation to develop both the theoretical knowledge and practical skills that are required in the workplace. These experiences included laboratory assignments, coaching workshops, physiological testing of professional athletes and working in the USA for two consecutive summers. The environment, paired with the personalised teaching provided by staff, allows students to pursue their interests within sport and health whilst identifying post-graduate opportunities and preparing for life after graduation"

Matthew Scannell
WUC graduate

WORK EXPERIENCE OPPORTUNITIES

-  Testing professional athletes off-site in their professional environments including Southend United FC, Colchester United FC, Essex County Cricket Club, Chelmsford Rugby Club and Chelmsford Athletic Club
-  Testing athletes within the Centre for Health in fitness consultancy
-  Working with partners at sports events throughout Essex
-  Supporting referral and community-based rehabilitation projects
-  Analysis of team performance
-  Shadowing professionals within their own consultancy work
-  Working in schools with talented and gifted students / pupils / athletes



EXAMPLE
TIMETABLE

ALL PATHWAYS (FIRST YEAR EXAMPLE)

	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5
Monday								
Tuesday	Professional Skills for the Sport Industry			Tutorial		Introduction to Psychology		
Wednesday								
Thursday	Coaching in Practice				Human Anatomy and Physiology	Human Anatomy and Physiology		
Friday								

FDSC SPORT SCIENCE (CYCLING PERFORMANCE)/
CERT HE IN CYCLING STUDIES

	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5
Monday								
Tuesday	Professional Skills for the Sport Industry			Tutorial		Introduction to Psychology		
Wednesday	Working in Cycling							
Thursday	Coaching in Practice				Human Anatomy and Physiology	Human Anatomy and Physiology		
Friday								



Writtle
University
College

<https://writtle.ac.uk/UG-Sports-Science>