

APPROVED

Bachelor of Science (Honours) in Coaching Science and Sports Pedagogy
Faculty of Business and Humanities

Award Class	Award				
Awards					
BSc (Hons)					
Programme Code	CR_BCSSP_8	Mode of Delivery	Full Time, ACCS	No. of Semesters	8
NFQ Level	8	Embedded Award	No	Programme Credits	240
Next Review Date					
Review Type				Date	
Programmatic Review				01/06/2028	
Department	SPORT, LEISURE & CHILDHOOD STUDIES				

Programme Outcomes

Upon successful completion of this programme the graduate will be able to demonstrate... :

#	PO Domains	Programme Learning Outcome
PO1	Knowledge - Breadth	A comprehensive knowledge of the theory, concepts, policies, and pedagogical methods pertaining to the mandatory programme components of coaching science, sports pedagogy, and physical education curriculum studies, in addition to one of the two elective pathways of strength & conditioning/health & well-being.
PO2	Knowledge - Breadth	An ability to select and utilise relevant knowledge sources and applications of key principles relating to Anatomical, Physiological & Biomechanical aspects of Movement; Disability & Adapted Physical Activity; Historical, Sociological, & Philosophical aspects of Physical Education; Growth, Motor Learning & Development of the Child & Adolescent; Physical Activity & Sport Promotion across the Lifespan; Artistic & Creative Studies in Physical Education; and Applied Practical Studies (APS) in each of the strands of the Physical Education Curriculum.
PO3	Knowledge - Kind	An application of appropriate theoretical concepts and utilise the necessary skills to plan for instruction, design and reflection in the coaching science, sports pedagogy, strength & conditioning, and/or health & well-being prepared environments that promote critical thinking, autonomy, care of self, well-being, and respect for others and the setting.
PO4	Knowledge - Kind	A capacity to acquire, evaluate and apply knowledge through research, critical thinking and problem solving to design, implement and evaluate mixed ability coaching and teaching environments based on the principles of inclusion, equality and diversity that positively support children/students/athletes with a range of abilities and additional needs across a variety of sports coaching and physical education settings.
PO5	Skill - Range	An application of inclusive operational and leadership principles to effectively manage in the coaching science, sports pedagogy, strength & conditioning, and/or health & well-being domains.
PO6	Skill - Range	Practical and technical competence in a range of skills and tools relating to the coaching and sports pedagogy programme development and evaluation, in addition to exercise and fitness programme design for all and/or sustainable health promotion modelling.
PO7	Skill - Selectivity	Appropriate judgement, and select appropriate solutions using evidence-based best practice, in the planning, advocacy, design and supervisory functions related to the various roles in the coaching science, sports pedagogy, strength & conditioning, and/or health & well-being domains.
PO8	Skill - Selectivity	Analytical skills with regard to complex issues relating to coaching science, sports pedagogy, EDI, exercise and wellness, and/or health promotion in a practical context and develop appropriate solutions through the disciplines of sports psychology, sociology, physiology, biomechanics, and motor development.
PO9	Skill - Selectivity	A recognition of, and act within, a critically reflective process, on personal and sectoral development actions in keeping with national and international best practice.
PO10	Competence - Context	Organisational skills and the ability to manage people and processes in the transient and constantly changing sectors of the coaching science, sports pedagogy, strength & conditioning, and/or health & well-being domains.
PO11	Competence - Context	An ability to conduct advanced research, incorporating analytical design and problem-solving skills in a professional, accountable and creative manner in a wide range of contexts within the coaching science, sports pedagogy, strength & conditioning, and/or health & well-being domains.
PO12	Competence - Role	The capacity to work independently or as a member of a team, both ethically and professionally, in the processes of contributing to, coordinating, and initiating effective change within the coaching science, sports pedagogy, strength & conditioning, and/or health & well-being domains.
PO13	Competence - Role	Effective leadership and communication skills when working within a variety of sports, health, and educational settings; leading groups, managing teams, initiating and driving change, and promoting equality, diversity and inclusion within the coaching science, sports pedagogy, strength & conditioning, and/or health & well-being domains.
PO14	Competence - Learning to Learn	Evidence of the attributes of a reflective, autonomous, self-directed learner possessing the appropriate competencies, confidence and discipline to broaden and deepen knowledge and expertise in the coaching science, sports pedagogy, strength & conditioning, and/or health & well-being domains.
PO15	Competence - Learning to Learn	Engagement in continuous professional development (CPD) and utilise appropriate new learning opportunities to re-focus, re-frame and/or contextualise prior learning.
PO16	Competence - Learning to Learn	An ability to identify and assess the training needs of staff and colleagues in the relevant work environment and foster a 'learning organisation' culture to develop a sense of empowerment, initiative and entrepreneurship.

PO17	Competence - Insight	Self-confidence and an appropriate assertiveness when managing work-related problems, while demonstrating an appreciation of the ethical and legal issues involved in the sensitive management of work colleagues, collaborating with various sports, health, and educational settings, and/or communicating with parents.
PO18	Competence - Insight	An ability to develop and justify a comprehensive, personal world view, centred on international evidence-based best practice in the coaching science, sports pedagogy, strength & conditioning, and/or health & well-being domains.

Semester Schedules

Year 1 / Semester 1

Mandatory				
<i>Code</i>	<i>Title</i>	<i>Module Coordinator</i>	<i>Version</i>	<i>Credits</i>
CMOD6001	<u>Creativity Innovation&Teamwork</u>	MARESE BERMINGHAM	3	5
SPRT6018	<u>Foundations of T&L in Phys Ed</u>	Cian O'Neill	2	5
SPRT6012	<u>Motor Development in Youth</u>	Cian O'Neill	5	5
SPRT6016	<u>Nutrition for Health</u>	Cian O'Neill	2	5
SPRT6019	<u>Pedagogy ofAdventure/Athletics</u>	Cian O'Neill	2	5
SPRT7043	<u>Soc. Perspectives in PA/Sport</u>	Cian O'Neill	1	5

Year 1 / Semester 2

Mandatory				
<i>Code</i>	<i>Title</i>	<i>Module Coordinator</i>	<i>Version</i>	<i>Credits</i>
SPRT6001	<u>Anatomy & Physiology</u>	Cian O'Neill	3	5
SPRT6007	<u>Gym Instruction</u>	Cian O'Neill	4	5
SPRT6020	<u>Pedagogy of Gymnastics & Dance</u>	Cian O'Neill	2	5
SPRT6021	<u>Pedagogy of Invasion Games</u>	Cian O'Neill	2	5
SPRT6011	<u>Principles of Sport Psychology</u>	Cian O'Neill	5	5
SPRT6022	<u>The Science & Art of Coaching</u>	Cian O'Neill	1	5

Year 2 / Semester 1

Mandatory				
<i>Code</i>	<i>Title</i>	<i>Module Coordinator</i>	<i>Version</i>	<i>Credits</i>
SPRT7033	<u>Applied Exercise Physiology</u>	Cian O'Neill	2	5
SPRT7034	<u>Aquatics: Swim Teaching</u>	Cian O'Neill	3	5
SPRT7002	<u>Athletic Performance & Testing</u>	Cian O'Neill	3	5
SPRT6023	<u>Coaching Principles & Practice</u>	Cian O'Neill	1	5
SPRT6024	<u>Pedagogy of Net Games</u>	Cian O'Neill	1	5
SPRT7036	<u>Sport & Exercise Psychology</u>	Cian O'Neill	2	5

Year 2 / Semester 2

Mandatory				
<i>Code</i>	<i>Title</i>	<i>Module Coordinator</i>	<i>Version</i>	<i>Credits</i>
SPRT7001	<u>Adapted Physical Activity</u>	Cian O'Neill	3	5
SPRT6026	<u>Pedagogy of HRA</u>	Cian O'Neill	1	5
SPRT6027	<u>Pedagogy of Strike&Field Games</u>	Cian O'Neill	2	5
SPRT7037	<u>Qualitative Biomechanics</u>	Cian O'Neill	1	5
SPRT7038	<u>Skill Acquisition</u>	Cian O'Neill	1	5
SPRT7042	<u>Sports Technology & Innovation</u>	Cian O'Neill	1	5

Year 3 / Semester 1

Mandatory				
<i>Code</i>	<i>Title</i>	<i>Module Coordinator</i>	<i>Version</i>	<i>Credits</i>
SPRT8010	<u>Applied Sports Psychology</u>	Cian O'Neill	1	5
SPRT7006	<u>Coaching Elite Sport</u>	Cian O'Neill	5	5
SPRT8005	<u>High Performance Conditioning</u>	Cian O'Neill	2	5
SPRT8015	<u>Integrated Sport Science&Perf.</u>	Cian O'Neill	1	5

Elective				
<i>Code</i>	<i>Title</i>	<i>Module Coordinator</i>	<i>Version</i>	<i>Credits</i>
SPRT6003	<u>Aquatics: Intro to Water Safety</u>	Cian O'Neill	4	5
FREE6001	<u>Free Choice Module</u>	PAUL GALLAGHER	3	5
SPRT7023	<u>Personal Training</u>	Cian O'Neill	5	5
SPRT8012	<u>Physical Activity for Life</u>	Cian O'Neill	1	5

Year 3 / Semester 2

Mandatory				
<i>Code</i>	<i>Title</i>	<i>Module Coordinator</i>	<i>Version</i>	<i>Credits</i>
SPRT8016	<u>Innovations in PE Pedagogy</u>	Cian O'Neill	1	5
SPRT7025	<u>Professional Development</u>	Cian O'Neill	2	5
SPRT7041	<u>Research Methods: Coaching</u>	Cian O'Neill	1	5
SPRT8003	<u>Sports Performance Analysis</u>	Cian O'Neill	2	5

Elective				
<i>Code</i>	<i>Title</i>	<i>Module Coordinator</i>	<i>Version</i>	<i>Credits</i>
FREE6001	<u>Free Choice Module</u>	PAUL GALLAGHER	3	5
SPRT7014	<u>Health Promotion</u>	Cian O'Neill	2	5
SPRT8006	<u>Physical Activity and Children</u>	Cian O'Neill	2	5
SPRT8013	<u>Sports Event Management</u>	Cian O'Neill	1	5

Year 4 / Semester 1

Year 4 Semester 1 Elective Regulation

Students unable to undertake Placement can select 4 modules (20 ECTS) from the range of modules listed under GE2.

Mandatory				
Code	Title	Module Coordinator	Version	Credits
EDUC8061	Dissertation: Field Work	Cian O'Neill	1	10
Group Elective 1				
Code	Title	Module Coordinator	Version	Credits
PLAC8018	Placement: Coaching/Pedagogy	Cian O'Neill	1	20
Group Elective 2				
Code	Title	Module Coordinator	Version	Credits
CHLD8006	APE for the Young Child	Cian O'Neill	2	5
SPRT7007	Entrepreneurship in Leisure	Cian O'Neill	3	5
SPRT7019	HR & Sports Policy	Cian O'Neill	3	5
SPRT7022	Leisure Facility Operations	Cian O'Neill	3	5
EDUC8032	PE: Moving and Learning	Cian O'Neill	2	5
MRKT8004	Social Marketing	Katie Power	5	5

Year 4 / Semester 2

Mandatory				
Code	Title	Module Coordinator	Version	Credits
EDUC8062	Dissertation: Analysis	Cian O'Neill	1	5
SPRT8009	High Performance Sport Mgmt.	Cian O'Neill	2	5
EDUC8063	Positive Wellbeing&Resilience	Cian O'Neill	1	5
SPRT8008	Sports Nutrition	Cian O'Neill	2	5
Elective				
Code	Title	Module Coordinator	Version	Credits
FREE6001	Free Choice Module	PAUL GALLAGHER	3	5
SPRT8014	Philosophy&Sociology in Sport	Cian O'Neill	1	5
SPRT8001	Sports Marketing	Cian O'Neill	4	5
SPRT8011	Workplace Health Promotion	Cian O'Neill	1	5

