



School of Health Sciences

BSc (Hons) in Sports Coaching (top-up)

PROGRAMME DOCUMENT

BSC v 1.0

University of Technology, Mauritius
School of Health Sciences
La Tour Koenig, Pointe aux Sables, Mauritius
Tel: (230) 207 5250 Fax: (230) 234 6219
Email: shs@gmail.utm.ac.mu, website: www.utm.ac.mu

BSc (Hons) Sports Coaching (Top-Up)

A. PROGRAMME INFORMATION

Compared to leading Nations of similar population size, Mauritius is faced with a highly inactive population with only 23% of the adult population meeting the World Health Organization's recommended 150 minutes of weekly physical activity (NCD Survey Report, 2015). Accentuated by the high prevalence risk of non-communicable diseases such as type 2 diabetes, obesity and heart disease- the ratio of affected individuals is higher in Mauritius than anywhere in the world. Regular physical activity is significant in the prevention of physical and mental health conditions. Sports coaches represent an asset to the community and have a vital role to play in changing the social norms around the level of physical activity and improving public health through individual and community engagement and empowerment. Their involvement in the development and delivery of sustainable 'sports for health' programmes for children and adults of all ages and abilities brings our country one step closer to achieving the desired goals of the National Sports and Physical Activity Policy by 2028.

This course is designed to enable students with an existing qualification in the field of sports, the opportunity to update their knowledge, learn professional development and managerial skills and perfect their coaching and teaching abilities in a sports discipline of their choice. Students will also gain an insight into the contribution of the sports industry to the sustainable development of a country and understand the supplementary role of a coach as a health advocate. Key features of this course include: practical sessions taught off-campus at specialized sports centers; content taught by sports specialists and the ability of students to experience a wide array of sports related modules that will offer them flexibility to work any sport sector after graduation. Moreover, students will be trained to conduct research through a final year dissertation which will qualify them for a BSc (Hons) award. This programme is aligned with the European Credit and Transfer System (ECTS)

B. PROGRAMME AIM

This programme aims to provide students with the necessary knowledge, competencies and hands-on coaching experience to enter a variety of professions associated with sports coaching.

C. PROGRAMME OBJECTIVES

In accordance with the stated aim, this course will enable students to:-

- draw upon a wide range of theoretical and practical perspectives and academic disciplines to enhance their existing knowledge of sports science and coaching
- apply the acquired in-depth knowledge and methodical competencies to independently plan, execute and evaluate coaching sessions and sports leisure events according to resources available, age and skill level of individuals or teams
- develop independent thinking and research skills to produce an original piece of research work in a specialist area of sports
- develop further key transferable skills (intellectual, vocational and interpersonal) that are required to pursue a range of employment opportunities in the sports industry

Part I- REGULATIONS

D. GENERAL ENTRY REQUIREMENTS

As per UTM 'Admissions Regulations' and 'Admissions to Undergraduate Programmes'.

E. PROGRAMME ENTRY REQUIREMENTS

Candidates should possess a Diploma in Sports Training Coaching and Exercise or a Diploma in any related field from a recognized institution approved by the School of Health Sciences.

F. PROGRAMME MODE AND DURATION

Full Time: Minimum Duration: 1 Year
 Maximum Duration: 2 Years
Part Time: Minimum Duration: 1 ½ Years
 Maximum Duration: 3 Years

Each academic year includes two semesters. Each semester is of 15 weeks duration.

Programme Exit Point

At the end of the programme, students with 60 credits will be awarded a BSc (Hons) in Sports Coaching (top-up). This degree is pitched at NQF level 8 and fulfills all descriptors for that level as per the National Qualifications Framework.

G. TEACHING AND LEARNING STRATEGIES

The program will employ a wide variety of teaching methods, including lectures, tutorials, seminars and practical components. Self-learning is a key feature of the programme which will enable students to explore, investigate and research various issues related to the sports domain. The University recognizes the importance of practical experiences and its value to employers, thus modules in advanced coaching skills will enable students to familiarize with real-life game situations and allow specialization a selected discipline.

H. STUDENT SUPPORT AND GUIDANCE

In addition to traditional lectures, group tutorial sessions can be arranged for students as and when needed.

I. ATTENDANCE REQUIREMENTS

As per UTM regulations and policy.

J. CREDIT SYSTEM

This programme is aligned with the European Credit and Transfer System (ECTS), where:

1 ECTS credit = 25 hours of learning

4 credit modules = 100 learning hours (45 contact hours + 55 hours self-directed study)

5 credit modules = 125 learning hours (45 contact hours + 80 hours self-directed study)

Total number of ECTS credits for the programme: 60

Contact hours refers to any combination of face to face or online lectures, blended learning, seminars, workshops or joint sessions. *Self-directed study* refers to self-learning, self-study and guest lecture among others.

K. STUDENT PROGRESS AND ASSESSMENT

Theory-based modules (without coaching skills components)

Written examinations will be of maximum duration of 3 hours and will contribute to **70%** of the final marks. Continuous assessment will carry **30%** of total marks and will be based on assignments, reports, presentations and/or class assessments.

Modules with coaching skills components

Written examinations will be of maximum duration of 3 hours and will contribute to **50%** of the final marks. Continuous assessment will carry **50%** of total marks and will consist of evaluation of coaching skills (**35%**) and assignments, reports, presentations and/or class assessments (**15%**).

The module *Research Methods in Sports* will be assessed through **100%** coursework.

For the award of the Degree, all modules must be passed in the examinations, coursework, coaching skills and any other forms of assessment.

L. EVALUATION OF PERFORMANCE

Grading

Grade	Marks, x (%)
A	$70 \leq x \leq 100$
B	$60 \leq x < 70$
C	$50 \leq x < 60$
D	$40 \leq x < 50$
F	$x < 40$
A – D	Pass
F	Fail

M. AWARD CLASSIFICATION

Overall weighted mark, x (%)	Classification
$x \geq 70$: 1 st Class Honours
$60 \leq x < 70$: 2 nd Class 1 st Division Honours
$50 \leq x < 60$: 2 nd Class 2 nd Division Honours
$45 \leq x < 50$: 3 rd Class Honours
$40 \leq x < 45$: Pass Degree
$x < 40$: No Award

N. Programme Development Committee

Dr. M.J. Somanah-Bhugowandeen (mjbhugowandeen@umail.utm.ac.mu)

Dr. M. Putteeraj (mputteeraj@umail.utm.ac.mu)

Dr. A. Luximon-Ramma (aramma@umail.utm.ac.mu)

Dr. N Jaypaul (njaypaul@umail.utm.ac.mu)

Part II- PROGRAMME STRUCTURE AND SYLLABUS OUTLINE

O. PROGRAMME STRUCTURE AND PLAN

BSc (Hons) in Sports Coaching (top-up)- Full-time

Semester 1		YEAR 1				Semester 2	
Code	Modules	Hrs/Wk L/T/P+ DS	Credits	Code	Modules	Hrs/Wk L/T/P+ DS	Credits
BSC 3101	Advanced Coaching Skills I (Elective)*	3+5	5	BSC 3201	Advanced Coaching Skills II (Elective)**	3+5	5
BSC 3102	Advanced Exercise Physiology	3+5	5	BSC 3202	Sports and Leisure Events Management	3+5	5
BSC 3103	Research Methods in Sports	3+5	5	BSC 3203	Personal training and fitness	3+5	5
BSC 3104	Communication and Entrepreneurship skills	3+4	4	BSC 3204	Disability and Sports	3+5	5
BSC 3105	Pedagogical skills in Sports Education	3+5	5	BSC 3205	Health Promotion Strategies in Sports	3+4	4
DISS 3000	Dissertation						12

Notes:

1. * Elective modules for Semester 1: football / badminton / judo.
2. **Elective modules for Semester 2: basketball / table tennis / volleyball / athletics
3. Student is to select only one discipline for specialization per semester
4. Offering/Running of elective is subject to availability of resources and critical mass

PROGRAMME STRUCTURE AND PLAN

BSc (Hons) in Sports Coaching (top-up)- Part-time

Semester 1		YEAR 1				Semester 2	
Code	Modules	Hrs/Wk L/T/P+ DS	Credits	Code	Modules	Hrs/Wk L/T/P+ DS	Credits
BSC 3101	Advanced Coaching Skills I (Elective)*	3+5	5	BSC 3105	Pedagogical skills in Sports Education	3+5	5
BSC 3102	Advanced Exercise Physiology	3+5	5	BSC 3201	Advanced Coaching Skills II (Elective)**	3+5	5
BSC 3103	Research Methods in Sports	3+5	5	BSC 3202	Sports and Leisure Events Management	3+5	5
BSC 3104	Communication and Entrepreneurship skills	3+4	4	DISS 3000	Dissertation	-	-
Semester 1		YEAR 2					
Code	Modules	Hrs/Wk L/T/P+ DS	Credits				
BSC 3203	Personal training and fitness	3+5	5				
BSC 3204	Disability and Sports	3+5	5				
BSC 3205	Health Promotion Strategies in Sports	3+4	4				
DISS 3000	Dissertation	-	12				

Notes:

- * Elective modules for Semester 1: football / badminton / judo.
- **Elective modules for Semester 2: basketball / table tennis / volleyball / athletics
- Student is to select only one discipline for specialization per semester
- Offering/Running of elective is subject to availability of resources and critical mass

P. SYLLABUS OUTLINE

- **BSC 3101 Advanced Coaching skills I (elective)**

Note: Content to be tailored according to sport discipline (football / badminton / judo)

Governing bodies; Types of coaches; Effective communication in coaching process; Development stages of the player; International rules and local regulations; Coaching session planning, implementation, evaluation and remedial steps; *Sport Specific:* Advanced coaching techniques and officiating skills; Competition organization; Competition skills and tactics for individuals and/or team, Periodization training, Injury prevention, management and rehabilitation, Post-training regeneration, Analysis and evaluation of sports performance, Nutritional recommendations for athletes

- **BSC 3102 Advanced Exercise Physiology**

Definitions; Chemical, kinetics and potential energy; ATP: role and production; energy systems: ATP/PC energy system, lactic acid system and aerobic system; Metabolic adaptations to endurance training, sprint training and resistance training; Factors that affect energy systems; Respiratory, cardiac and vascular response to exercise intensity and duration; Recovery process: excess post exercise oxygen consumption, alactacid and lactacid debt, replenishment of myoglobin stores; Thermoregulation; Advanced movement analysis of sporting actions at shoulder, elbow, radioulnar, wrist, spine, hip, knee and ankle; Laboratory assessment methods

- **BSC 3103 Research Methods in Sports**

Introduction to survey research methodology: The research process, Formulating the research problem, Research questions and research objectives, Experimental, cross-sectional, longitudinal, quantitative and Qualitative Research Design; Data collection methods; Questionnaire Design; Ethical consideration in Research; Data analysis: Introduction to SPSS: Entering data, Descriptive statistics and graphs, Hypothesis testing, Choosing appropriate statistical tests, statistical techniques used for analyzing simple environmental data; Experimental data collection and processing; Writing up research results: Structure of a report/dissertation, Referencing

- **BSC 3104 Communication and Entrepreneurship skills**

Communication skills within organization: Business and report writing skills; Presentation and speaking skills; Effective negotiation and conflict resolution skills; 'train the trainer' concept; Concepts and theories of sports innovation and entrepreneurship; Entrepreneurship skills: Planning, managing, marketing, human resource management, finance management and strategic planning of an entrepreneurial venture, Managing rapid and sustainable growth, Success evaluation; Corporate and Social entrepreneurship in Sports

- **BSC 3105 Pedagogical skills in Sports Education**

Pedagogical approaches in teaching; Adapting pedagogy (mixed level, large population, under-resourced, inclusiveness and equity); Teaching styles and strategies used in sports education and coaching; Planning for physical and sports activities; The active learning process; Questioning and stimulated thinking in sports; 'Think tank' concepts in classrooms; Integrating STEM (science technology engineering and mathematics) in sports pedagogy; Ability-based education; Theories related to learning of movement skills; Reinforcement of skill learning; Theory of information processing in performance of motor skills; Importance of effective leadership in sports education; Assessment methods in sports for O and A level; Use of teaching aids; Online teaching and blended learning

- **BSC 3201 Advanced Coaching skills II (elective)**

Note: Content to be tailored according to sport discipline (basketball / table tennis / volleyball / athletics)

Governing bodies; Types of coaches; Effective communication in coaching process; Development stages of the player; International rules and local regulations; Coaching session planning, implementation, evaluation and remedial steps; *Sport Specific:* Advanced coaching techniques and officiating skills; Competition organization; Competition skills and tactics for individuals and/or team, Periodization training, Injury prevention, management and rehabilitation, Post-training regeneration, Analysis

- **BSC 3202 Sports and Leisure Events Management**

Event conceptualization; Leisure venue management; Leisure facilities planning; Leadership; Management of human resources in sports and leisure; Managing queues; Food service considerations for sports events; Stage planning; Awards and recognition plans; Transportation; Communication; Planning for spectators; Evaluation and monitoring of service quality; Budgeting and leisure revenue management; Sports event ticket operations; Evaluation of safety risks; Legal and ethical issues in delivery of sports and leisure events; Merchandising and marketing strategies for a sports event; Funding and Sponsorship; Dealing with mass media; Evaluation and reporting of an event

- **BSC 3203 Personal training and fitness**

Principles of sports training and conditioning; Physical fitness: components, benefits and measurement techniques; Understanding body types; Fitness training methods: endurance, strength and speed development; Strengthening exercises: core chest, upper back, leg, pelvis, shoulder and arm; Factors that influence performance and fitness; Sports periodization; Behavioral and motivation techniques; Exercise detraining effect; Client assessment; Preparing a client-centered fitness plan; Assessing and improving a client's diet plan; Training for weight loss or gain; Training adaptations for injury prevention; Considerations for special groups (e.g. elderly adults, NCD patients, physically disabled persons etc.)

- **BSC 3204 Disability and Sports**

History and Philosophy of disability and sports; Concepts of 'ability' versus 'normality' Types of physical and intellectual disabilities in sports; Sensory impairments in sports: basics of adapting coaching strategies for athletes with impaired sensory-motor integrative system; Examples of adaptive sports equipment; Environmental concerns in sports and disability (Sound, lighting, temperature; organization); Structure and organizations for disability sport; Competitions and sport opportunities for athletes with disabilities; program planning and implementation considerations; Challenges and controversies in disability sports

- **BSC 3205 Health Promotion Strategies in Sports**

Sports as a public health tool; role and responsibilities of a coach as health educator; Epidemiological evidence of health benefits of sports; use of mHealth in sports, exercise and fitness; National Sports and Physical Activity Policy 2018-2028; Active Mauritius and its programs: Move it, Elderly fitness, Aging well, Youth on the move; The Association for International Sports For All (AISFA) Mission 2030 and its programs; Sports as a sustainable development goal (SDG); Sports health programs: design, implementation, monitoring and evaluation of success; Challenges; Health promotion and marketing strategies adopted by global sports health campaigns

- **BSC 3000 Dissertation**

A dissertation will have to be submitted and should conform to the Undergraduate Dissertation Guidelines.