Dear Student,

Congratulations on your acceptance to our Sports Coaching Science undergraduate degree. The teaching team are delighted to welcome you to our degree programme and hope that you enjoy your undergraduate studies here at St. Mary’s University.

The Sports Coaching Science programme is well known for excellent staff/student relationships, as well as its academic successes. We are keen to do all we can to support you to become an effective learner, achieve your personal potential, and generally to make the most of your experience as an undergraduate student.

Although you are probably excited about starting your undergraduate studies, I’m sure you are naturally a little apprehensive as well. The purpose of this welcome pack is to give you some insight into your studies and what you can expect when you arrive in September. It is split-up into 4 sections:
1) General undergraduate degree information
2) First few weeks of study at St. Mary’s
3) Sports Coaching Science Degree Programme level 4 (first year)
4) Contact us.

Hopefully this information will help reduce any worries, and answer any questions you may have about your forthcoming studies. If you have any further queries, please contact Paul Dancy, using the phone number or e-mail address below.

Yours sincerely,

Sports Coaching Science Team

Dr Paul Dancy (Programme Director Sports Coaching Science)

Phone: 0208 240 4220, e-mail: paul.dancy@stmarys.ac.uk

YOU DO NOT NEED TO SEND IN ANY MODULE CHOICES FOR YOUR FIRST YEAR AS YOUR MODULES, AS DESCRIBED BELOW, ARE ALL ‘CORE’ (COMPULSORY MODULES)
SECTION 1 - General undergraduate degree information

What is an undergraduate degree?
An undergraduate degree (otherwise known as a degree) is normally studied full time over 3 years; however this may vary if you are studying part time. The first year of your degree does not count towards your degree classification, the second and third year marks count towards your degree classification. The first year is used to get you up to producing degree standard work and those students who perform best in this year generally go on to attain higher degree classifications than students who perform less well.

What is a degree classification?
When you graduate you will either attain a first class (average of 70% & over), upper-second class (average between 60-69%), lower-second class (average between 50-59%) or third class degree (average between 40-49%). In general terms, if you do not attain marks above 40% then you will not be able to graduate as this is the pass mark for all pieces of work which contribute to your overall degree classification.

How is the academic year broken up?
We split our academic year into 2 semesters. Semester 1 runs between September and January and Semester 2 runs between January and June.

How will I be assessed?
You will be assessed in a range different ways, and the assessments will depend on the nature of the module. Example assessments include: essays, worksheets, presentations, practical coaching sessions and examinations. There will be examination periods at the end of each semester, but the other forms of assessment are generally completed earlier in the semester.

What kinds of sessions will I be in?
The teaching time will be split between lectures, seminars and practicals. Lectures will be in groups between 120-180 students, whereas the practicals and seminars will be in groups between 15-20 students. Lectures are less interactive than seminars and practicals, and seminar and practical sessions provide opportunities for more discussion and for students to ask questions.

The following sections will provide you with the most important pieces of information you will need to know about your first year of study.
SECTION 2 - First few weeks of study at St. Mary’s

What are the important events within the Sports Coaching Science programme?

Sports Coaching Science students will have two induction meetings during the first week and in these meetings you will: be introduced to the members of staff, be assigned an academic tutor, go through your timetable, meet the other students in your tutor group and complete tasks in a sports event with the other students on the programme. **Make sure that you attend the induction meetings because important information will be provided!!**

On-line resources

Each module’s on-line page which contains lecture notes, module guides, readings and other relevant links. These pages are open throughout the year so this information can be accessed 24/7.

What equipment will I need to bring to help me with my studies?

It advisable to have the following stationery and equipment before you arrive:

- Pens
- Pads
- Folders
- Trainers (the type you can run in)
- Scientific calculator
- USB stick
- Diary
- Alarm clock

Do I need to buy St. Mary’s Kit?

We expect our Sports Coaching Science students to wear St. Mary’s kit to practical sessions throughout their three years of study, so you are required to buy the official academic kit. The kit is supplied by O’Neils and the detail of the ordering process will be sent to you separately.
What will I be studying during Level 4 in Sports Coaching Science and what books can I buy in advance for each module?

You will study 6 different subject areas, which we call modules, during your first year. These modules are:

1. **Coaching Process I (semester 1)**

   This module covers applied coaching information that you will be expected to implement in a practical coaching setting. This module will cover aspects such coaching styles, learning preferences, communication and approaches to coaching.

   **Books**
   
   Author: Kidman, L. and Hanrahan, S. J.  
   Title: The Coaching Process (3rd edition)  
   Publisher: Routledge  
   ISBN: 978-0-415-57054-1

2. **Introduction to Sport Psychology and Skill Acquisition (semester 1)**

   The skill acquisition element of this module covers topics which impact on skill learning and sport performance, such as motor learning, information processing and memory. The sport psychology element covers factors which impact on sports performance, such as anxiety, self-confidence and attention.

   **Books**
   
   Authors: Schmidt, R. A. and Wrisberg, C.A.  
   Title: Motor Learning and Performance. A Problem Based Approach  
   Publisher: McGraw Hill  

   Author: Cox, R.  
   Title: Sport Psychology. Concepts and Applications  
   Publisher: McGraw Hill  

3. **Introduction to Research (semester 1)**

   This module will provide the foundation knowledge to research and complete assessments. The different aspects that will be covered in this module are: scientific writing, referencing, statistical analysis and finding and using literature.

   **Books**
   
   Author: Thomas, J. R., Nelson, J. K. and Silverman, S. J  
   Title: Research Methods in Physical Activity  
   Publisher: Human Kinetics  
   ISBN: 9780736089395
4. The Developing Athlete (semester 2)

The module introduces the underpinning theories and concepts in relation to the developing athlete which are fundamental to the coaching young athletes. The concepts will include core movement skills, coordination skills and mental and social development of young athletes.

Books

Author: Lloyd, R. S. and Oliver, J. L.
Title: Strength and conditioning for young athletes: Science and application
Publisher: Routledge

5. Physiology of Exercise (semester 2)

This module explores the physiological systems and links these systems to sport performance. Specific topic areas include: the respiratory system, energy systems, and the cardiovascular system.

Books

Authors: McArdle, W., Katch, F. and Katch, V.
Title: Exercise Physiology: Energy, Nutrition, and Human Performance
Publisher: Human Kinetics

6. Basic Biomechanics (semester 2)

This module focuses on biomechanical principles and theories relative to sport, such as Newton’s laws, vectors, scalars, kinematics and kinetics.

Books

Essential reading (for first year study and beyond)
Author: Hay, J.
Title: The Biomechanics of Sports Techniques
Publisher: Prentice-Hall
ISBN: 0130845345

Optional Text (for those who are planning to choose biomechanics in second and third year)
Author: Bartlett, R.
Title: Introduction to Sports Biomechanics, Analysing Human Movement Patterns
Publisher: Routledge
ISBN: 978-0-415-33994-0

These books can be found in our library, and we do not expect you to buy all of these books, but having your own copies may make life easier especially during hand-in periods when the library copies are in demand. It may be cheaper to buy these books from Amazon as ‘nearly new’ copies. If you were to buy one book I would advise the Kidman and Hanrahan book for Coaching Process I. We would also recommend that you do some reading prior to registering in September especially in the areas covered in first semester.
SECTION 4 – Contact us

Over the summer months, if you have any questions, please contact the following members of Sports Coaching Science staff. Paul is the best person to contact in the first instance, but if he has an out of office reply then please contact one of the other staff members below.

<table>
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<tr>
<th>Staff member</th>
<th>Telephone</th>
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<tbody>
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The Executive Coaching process typically requires the executive to complete in-depth study of the development areas identified within
to a three- to twelve-month time frame. Being introduced to new concepts, implementing new behaviors, journaling thoughtful responses
to coaching questions posed and writing about personal growth, and measuring the impact of the coaching engagement and the changes
being made are typical aspects of coaching; the Executive Coach guides the leader being coached through this process. Before
beginning the coaching process, itâ€™s important to know that coaching can vary significantly from one coach or organization to the
next. There are many models, programs, and styles. Iâ€™ve outlined the process Iâ€™ve found to be the most productive in my own
business. It will give you greater insight into selecting the right coach for you whether you are building a business or reinventing yourself
after a life changing event. Assessment. The first step in a coaching relationship should be assessing where you are. Coaching is a form
of development in which an experienced person, called a coach, supports a learner or client in achieving a specific personal or
professional goal by providing training and guidance. The learner is sometimes called a coachee. Occasionally, coaching may mean an
informal relationship between two people, of whom one has more experience and expertise than the other and offers advice and
guidance as the latter learns; but coaching differs from mentoring by focusing on specific tasks or