

## City College Norwich

Course Title	Health, Fitness, Strength and Conditioning, Top Up
Awarding Body	University of East Anglia
Level of Award	Undergraduate
Professional, Statutory and Regulatory Bodies Recognition	
Credit Structure	120 Credits: Level 6
Mode of Attendance	Full-time
Standard Length of Course	1Year
Intended Award	BSc (Hons) Health, Fitness, Strength and Conditioning
Fall-back Awards	
Entry Requirements	Our typical offer is 240 credits (120 at Level 4 and 120 at Level 5) or equivalent HND qualifications in a suitable subject area. Applications from students whose first language is not English are welcome. For International students we require evidence of proficiency in English (including writing, speaking, listening and reading); the required minimum is IELTS (SELT) 6.0 overall (minimum 5.5 in all components). Please contact the Admissions Team for advice and guidance.
Delivering Institution(s)	Easton College
Easton Course Code	F0073
UCAS Code	C611

Course Structure

Level 6	Module Credit Value
<p><b>Business and Marketing in Health and Fitness</b></p> <p>The aim of this module is to enable learners to gain the business and marketing skills necessary to effectively start up and market a business within the health, fitness, strength and conditioning industry.</p>	20
<p><b>Coaching in Practice</b></p> <p>Understanding how learning takes place in relation to appropriate delivery and how it contributes to effective coaching is essential in the development of successful teaching and coaching. The module will develop understanding of coaching by examining different coaching styles in relation to learning styles. Critical analysis and reflection will be conducted on the student's own practical coaching, on their peers and on role models.</p> <p>The module will draw on the student's experiences and there will be an expectation that the student is engaging in practical coaching in order that there will be application of those skills learned. Analysis and discussion of the coaching of specific and appropriate skills will form an important part of the module and will include both theory and practical application. The module should build upon the knowledge acquired during Level 4 and 5 so that during Level 6, more confident questioning of coaching practices will develop.</p> <p>Students will be required to undertake mentoring of a coach. Through the mentoring process they will observe a series of coaching session and provide detailed feedback. By the end of this module, students should have a deeper understand of how to implement a successful coaching programme for themselves and other coaches.</p>	20
<p><b>Applied Practice in Strength, Conditioning and Fitness</b></p> <p>This unit provides the opportunity for learners to apply a wide range of integrated topics from other sports science disciplines and apply theory into practice.</p> <p>Learners will understand the processes involved in analysing health and fitness by engaging in laboratory, gym, and field based assessments from the areas of sport and exercise science. Analysis of results will inform the design of a structured training programme in order to effect positive change. This training programme will be delivered and its effectiveness reviewed as part of a larger case study.</p>	20

<p><b>Contemporary Issues in Health &amp; Fitness</b></p> <p>This module adopts an enquiry-based approach to learning and encourages students to draw on political, historical and sociological health and fitness issues which are currently in discussion within the U.K and globally. The focus will be to generate intellectual discussion and interest in appropriate current issues which impact upon health promoters, fitness instructors, personal trainers and strength &amp; conditioning coaches.</p> <p>The module will increase awareness of contemporary issues in order to bring about critical analysis and understanding of ethical issues which impact upon areas of health and fitness. It will include investigation into the historical development of health and fitness and more recent government policies with a focus upon their impact upon the industry. Students will be encouraged to research areas of own interest for assignments, increasing awareness and knowledge of current issues and developments. The module should develop a deeper understanding of the policies and processes within coaching, health and fitness and how they influence the sector in the U.K.</p>	<p>20</p>
<p><b>Dissertation</b></p> <p>The dissertation module is an opportunity for you to display the range of skills and knowledge you have developed over the course of their undergraduate studies. This gives students the scope to undertake a sustained independent investigation leading to the production of an 8000- 10000 word final report.</p> <p>This modules aims –</p> <ul style="list-style-type: none"> <li>• to demonstrate in-depth knowledge of the chosen subject, building appropriately on the work completed during the earlier years of your programme</li> <li>• to demonstrate your capacity for independent study and self-directed inquiry and research</li> <li>• to display an ability to identify and pursue appropriate, subject specific questions</li> <li>• to show you are able reflect upon research methodologies, and to draft, revise and edit written work accordingly</li> </ul> <p>Having completed this module you should be able -</p> <ul style="list-style-type: none"> <li>• to analyse the chosen literature</li> <li>• to understand and analyse relevant theoretical ideas, and to apply these ideas to a research conundrum</li> <li>• to apply appropriate research, data collection and analysis and referencing correctly</li> <li>• to collate and present information from research in a range of styles</li> </ul> <p>Whilst delivery and the learning outcomes are generic the content and output of your work will reflect to programme specialism you are studying towards.</p>	