

Programme Specification

Foundation Year Sport

<i>School:</i>	School of Science, Technology, and Health
<i>Entry from academic year:</i>	2026-27
<i>in the month(s) of</i>	September
<i>Awarding institution:</i>	York St John University
<i>Teaching institution:</i>	York St John University
<i>Delivery location:</i>	York St John University
<i>Programme/s accredited by:</i>	Not accredited
<i>Exit awards:</i>	Foundation Certificate Sport and Exercise
<i>UCAS code / GTTR / other:</i>	Not applicable
<i>Joint Honours combinations:</i>	Not applicable
<i>QAA subject benchmark statement(s):</i>	QAA Foundation Degree Characteristics Statement (2015); QAA Subject Benchmarks for Hospitality, Leisure, Sport and Tourism (2016)
<i>Mode/s of study:</i>	1 year for full time / 2 years for part time
<i>Language of study:</i>	English
<i>Paired with Foundation Year</i>	No
<i>Study abroad opportunities:</i>	No
<i>Placement Year opportunity:</i>	No

Introduction and special features

The Foundation Year in Sport at York St John University aims to build confidence and provide you with the preparatory knowledge and key practical and study skills required to be successful at Level 4 of our programmes of study. In keeping with our other sport degree programmes, our Foundation Year in Sport is informed by our value-led approach to sport. Specifically, social justice, the right to play, putting the performer before the performance, a focus on the healthy athlete, stressing participation over consumerism, and holding to account those who seek elitism rather than sporting excellence. This approach puts the importance of using sport for positive social change at the centre of how we teach, research, and practice sport.

If you aspire to change your community and the world through sport, science, and research then this is the Sport Foundation Year for you.

The Foundation Year in Sport at York St John University is designed to provide an entry route into Level 4 of our programmes of study for those not ready to start their University journey at Level 4 or feel they would benefit from an additional year of preparation. For instance, you may be a mature student or sport professional who has been out of education for a while, you may not have the entry requirements for the undergraduate degree programme of your choice, or you may simply have recently left further education and just don't yet feel ready for the full degree programme.

On successful completion of the Foundation Year in Sport, you will be prepared for success at level 4 of our sport degree programmes. Currently, York St John University offers three undergraduate sport programmes; BSc (Hons) Sport and Exercise Science, BSc (Hons) Sport and Exercise Therapy, and BSc (Hons) Physical Education and Sports Coaching and three integrated master's programmes. Our BSc (Hons) Sport and Exercise Science programme is endorsed by The British Association of Sport and

Exercise Sciences (BASES), which is the leading professional body for Sport and Exercise Science in the UK. However, should you decide that sport and exercise is not for you, you will be able to use the Foundation Year qualification to successfully study at Level 4 on another degree programme (subject to satisfying entry criteria of other programmes) or simply exit with a qualification recognised by employers.

Regardless of your chosen programme destination, you will undertake a series of modules during the Foundation Year that aim to prepare you to study at the forefront of knowledge and practice, and include introductory content that spans all key areas of sport and exercise sciences and sport studies (e.g., physiology, biomechanics, psychology, and sociology). The emphasis is on managing the transition to independent study in a progressive fashion through experiencing different environments (e.g., classroom, fieldwork, and laboratory), modes of delivery (e.g., seminars, lectures, and practicals), and common types of assessment (e.g., written, online examinations, to practical demonstrations). All the content aligns with the next level of our sport programmes so to ensure that following the completion of the Foundation Year you have gained all the necessary factual, procedural, and theoretical knowledge required to be successful at Level 4.

We will also help cultivate your skills to help enhance your future chances of employment. Work-related learning opportunities feature within your modules, such as attending Guest Lectures from industry experts and field visits to community sport partners. You may also access short-term placement/volunteering opportunities with our community sport partners and externally provided vocational courses to gain nationally recognised sporting qualifications.

Alongside all sport programmes at York St John University, your Foundation Year in Sport will be based at our multi-million-pound Nestle Rowntree Park Sports Campus. A new world-class human performance laboratory, sports therapy clinic, strength and conditioning suite, two 3G pitches and a range of other sports facilities are housed at the Nestle Rowntree Park Sports Campus. You will use these facilities extensively as you complete your Foundation Year.

Admissions criteria

As detailed on our webpage, you need to meet the University's minimum entry requirements for entry onto the Foundation Year in Sport (see <https://www.yorks.ac.uk/courses/undergraduate/sport/sport-degrees-with-foundation-year/>).

If your first language is not English, you need to take an IELTS test or an equivalent qualification accepted by the University (see <https://www.yorks.ac.uk/international/how-to-apply/english-language-requirements/>).

If you do not have traditional qualifications, you may be eligible for entry on the basis of [Recognition of prior learning \(RPL\)](#). We also consider applications for entry with advanced standing.

Programme aim(s)

The Foundation Year in Sport at York St John University aims to build confidence and provide you with the preparatory knowledge and key practical and study skills required to be successful at Level 4 in our sport degree programmes or another degree programme.

Programme learning outcomes

On successful completion of this level of study, you will be able to:

Level 3

3.1 Demonstrate basic knowledge of factual, procedural, and theoretical concepts and understand approaches applicable to the study of sport and exercise sciences and/or sport studies.

3.2 Identify the appropriate practical skills to safely complete basic laboratory and field-based procedures in sport and exercises and/or sport studies.

3.3 Source and use relevant literature in sport and exercise sciences and/or sport studies.

3.4 Communicate information in a variety of forms.

3.5 Work independently with limited supervision or direction and within agreed guidelines.

3.6 Work with others and use a range of skills in order to solve basic problems in sport and exercise sciences and/or sport studies.

Programme structure

Code	Level	Semester	Title	Credits	Module status	
					compulsory or optional to take C or O	non-compensable or compensable NC or X
SPO3001M	3	1	Preparation for Success: Studying Sport, Exercise, and Physical Education	30	C	NC
SPO3002M	3	1	Laboratory and Field-Based Testing in Sport and Exercise	30	C	NC
SPO3003M	3	2	Human Anatomy, Mechanics, and Movement	30	C	NC
SPO3004M	3	2	Sport, Exercise, and Social Sciences	30	C	NC

Learning, teaching and assessment

At York St John University, our value-led approach to teaching, researching, and practicing sport is embedded in four compulsory modules that you will undertake during the Foundation Year. The four modules include introductory content spanning all key areas of sport and exercise sciences and sport studies (e.g., physiology, biomechanics, psychology, and sociology) as well as academic study skills and common types of assessments to prepare you for success in studying sport, exercise, and physical education.

On a full-time basis, you will study two modules per semester over one year of study. On a part-time basis, you will study one module per semester over two years of study. Contact hours will be supplemented by guided independent study completed outside of class.

Modules are taught using a combination of classroom, laboratory, and field-based settings and will take the form of seminars, lectures, and practicals. All modules include at least one formative assessment, which is used to help you prepare for your graded summative assessment. Across your modules, summative assessments include a portfolio, written work, and practical demonstrations.

To further build your confidence, you will experience common types of assessment in your Preparation for Success: Studying Sport, Exercise, and Physical Education module.

All modules will include an academic module director and additional support (e.g., graduate teaching assistants) to ensure we are providing a highly supportive environment. In addition to this, you will be allocated an academic tutor, who will provide significant individual guidance, particularly in the early stages, whilst progressively enabling you to set your own objectives and work with increasing autonomy throughout the Foundation Year.

Progression and graduation requirements

The University's [general regulations](#) for undergraduate awards apply to this programme.

Any modules that must be passed for progression or award are indicated in the Programme Structure section as non-compensable.

In addition, the following programme-specific regulations apply in respect of progression and graduation:

- You must achieve 120 credits to automatically progress from the Foundation Year to BSc (Hons) Sport and Exercise Science, BSc (Hons) Sport and Exercise Therapy, or BSc (Hons) Physical Education and Sports Coaching.

Internal and external reference points

This programme specification was formulated with reference to:

- [University mission and values](#)
- [University 2026 Strategy](#)
- [QAA subject benchmark statements](#)
- [Frameworks for Higher Education Qualifications](#)

Date written / revised:

Programme originally approved: