

Programme Specification

Award and title: Foundation Year Sport

<i>School:</i>	Health Sciences
<i>Subject area:</i>	Sport
<i>Entry from academic year:</i>	2027-28
<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>	C7C2 (Physical Education and Sports Coaching with Foundation Year) C7C3 (Sport and Exercise Therapy with Foundation Year) C7C6 (Sport and Exercise Science with Foundation Year)
<i>Joint Honours combinations:</i>	Not Applicable
<i>QAA subject benchmark statement(s):</i>	QAA Foundation Degree Characteristics Statement (2020); QAA Subject Benchmarks for Hospitality, Leisure, Sport and Tourism (2019)
<i>Mode/s of study:</i>	1 year for full time / 2 years for part time
<i>Language of study:</i>	English
<i>Study abroad opportunities:</i>	No
<i>Opt-in YSJU Placement Year opportunity:</i>	No
<i>Excluding a year-long placement/professional experience, are there placement/field trip/work experience(s) totalling 20 days or more?</i>	No

Introduction and special features

The Foundation Year 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. Sport and exercise play an ever-growing role in society, influencing health, wellbeing, identity, and community. The Foundation Year Sport will enable you to engage critically and practically with these themes, while developing the skills to make a positive impact through your future studies and professional life. Through small group teaching and personalised feedback, you'll develop your underpinning knowledge alongside your practical, communication, and teamwork skills, leaving you well-prepared to progress into your chosen degree with a strong foundation for success.

The Foundation Year Sport at York St John University is designed to develop your confidence and 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 do not feel ready for the full degree programme.

On successful completion of the Foundation Year 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 (endorsed by the Chartered Association of Sport and Exercise Sciences); BSc (Hons) Sport and Exercise Therapy (accredited by The Society of Sport Therapists); and BSc (Hons) Physical Education and Sports Coaching. 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 key areas of Sport and Exercise Sciences, Physical Education and Sports Coaching, and Sport and Exercise Therapy (e.g., physiology, biomechanics, psychology, sociology, sports coaching, and research methods). 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 tests, and 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 and beyond.

We will also help cultivate your skills to help enhance your future chances of employment. Work-related learning opportunities feature within the modules, including preparation for authentic assessments which are relevant for the workplace (e.g., exercise performance testing and presentations) and key research skills. You will also have access to continuous professional development and volunteering opportunities through the Better Me employability initiative at York St John, allowing the opportunity to participate in externally provided vocational courses to gain nationally recognised sporting qualifications.

As a student on this programme, you will learn and practice your skills in the University's multi-million-pound sport facilities. These facilities include a sport centre which has a dedicated sports therapy room, sports science laboratory, sport barn, strength and conditioning gym, and outdoor pitches and running track. This excellent facility is a learning space and is also used by several professional and elite sports teams.

Distinctive Features:

- Sessions are delivered by research active academic staff who also have an extensive range of experience working in the areas of either physical education and sports coaching, sport and exercise therapy, or sport and exercise science.
- A strong sense of community between staff and students. We pride ourselves on the quality of support provided by our staff team.
- Be inspired by the values and ethos of York St John University around social justice and embracing diversity.
- Opportunities to engage in our continuing professional development (CPD) programme.
- Authentic assessments (which reflect the jobs that sport and exercise scientists, therapists and physical education and coaching do) that are always supported by formative feedback opportunities.

Admissions criteria

You must meet the minimum entry requirements which are published on the programme specific webpage: <https://www.yorks.ac.uk/courses/undergraduate/foundation-years/sport-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)

In line with the benchmarking statements and York St John University graduate attributes, this programme aims to:

1. Develop foundational knowledge across the key areas of Sport and Exercise Science, Sport and Exercise Therapy, and Physical Education and Sports Coaching.
2. Develop and refine your academic and professional skills required to be successful at Level 4 in our sport degree programmes or another degree programme.
3. Improve confidence and manage your transition to independent study and university level learning.

Programme learning outcomes

Upon successful completion of the programme students will be able to:

Level 3

- 3.1 Demonstrate basic knowledge of factual or theoretical concepts and understand approaches applicable to the study of sport.
- 3.2 Develop safe and competent practical skills when conducting subject specific tasks in the field of sport.
- 3.3 Identify and use relevant sources to evidence knowledge and understanding in sport-based topics.
- 3.4 Communicate information appropriately in the context of sport.
- 3.5 Demonstrate appropriate professional skills to inform practices aligned towards industry expectations in the sport sector.

Programme structure

Code	Level	Semester	Title	Credits	Module status	
					Compulsory (C) or optional (O)	non-compensable (NC) or compensable (X)
SPO3005M	3	1	Foundations for Success: Studying Sport at University	20	C	X
SPO3006M	3	1	Foundations of Laboratory and Field Testing in Sport and Exercise	20	C	X
SPO3007M	3	1	Foundations of Effective Sports Coaching Practice	20	C	X
SPO3008M	3	2	Foundations in Human Anatomy, Mechanics, and Movement	20	C	X
SPO3009M	3	2	Foundations in Sport, Exercise, and Social Sciences	20	C	X
SPO3010M	3	2	Foundations of Research in Sport and Exercise	20	C	X

Learning, teaching and assessment

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

The six modules include introductory content spanning key areas of Sport and Exercise Sciences, Sport and Exercise Therapy, and Physical Education and Sports Coaching (e.g., anatomy, physiology, biomechanics, psychology, sociology, sports coaching and research skills) as well as academic study skills and common types of assessments to prepare you for success in studying sport, exercise, and physical education.

Our Educational Philosophy

To develop your skills and confidence during the Foundation Year Sport, you will engage with face-to-face teaching, online activities, self-directed and experiential learning opportunities throughout the Foundation Year. Digital tools may be used to supplement face to face delivery. This approach offers flexibility of learning opportunities and is particularly inclusive and accessible for students. This also allows us to reinforce, stretch and challenge your learning. Modern learning can take place in different environments, at different times, uses different modes, and in different ways. Throughout your programme we embrace this notion to enable you to develop the skills, independence and confidence required for further study and future career.

Teaching and Learning Strategy

The programme uses a wide range of relevant and high-fidelity learning opportunities and resources to prepare you for the assessments used in the undergraduate sport programmes, and for working in sport and exercise environments.

For example, this will require key academic skills (e.g., communication, notetaking, academic writing, referencing), practical skills, and the ability to work well independently and in a team. We will help you develop these skills so that you are successful not only on the Foundation Year, but so that you are also prepared for undergraduate study.

As a student on the Foundation Year Sport, you will encounter a range of teaching and learning experiences including face-to-face, on-line activities, self-directed, and experiential opportunities.

Face-to-face learning includes:

- Lectures
- Seminars
- Practical sessions
- Laboratory sessions

On-line activities include:

- Engaging with our virtual learning environment (VLE)
- E-portfolios
- Online courses (free and self-funded)
- Online reading lists
- Podcasts
- Blogs and vlogs

Self-directed learning includes:

- Further research and reading
- Additional practice

Assessment Strategy

Our assessment strategy is authentic (i.e., mirrors what you will be required to do in employment) and will drive your academic and professional development. You will be continually assessed throughout the programme to evaluate your learning. You will encounter a variety of assessment types including written work, practicals, and e-portfolios. At Level 3, assessments develop your knowledge, understanding, and competency. To further build your confidence, you will experience common types of assessment in the Foundations for Success: Studying Sport at University module.

To improve the quality of your learning experiences, the programme will use formative activities. Each summative assessment will have at least one formative activity opportunity where you will complete an activity aligned to the assessment and receive feedback for you to act on. This may include submitting a brief plan for written work, group presentations on workshop content to demonstrate understanding, and in-class interactive peer-review activities. Engaging in formative activities mean you will be aware of what you did well and what to improve in preparation for your summative assessment.

Information and guidance regarding all assessment requirements will be available to you via the University virtual learning environment (Moodle) module sites. You will be offered assignment tutorials (group and/or individual) to support the preparation for assessments. The University also provides a range of central guidance and learning resources through the Information and Learning Services directorate. These resources include online tutorials, factsheets, study skills workshops, and individual appointments with specialist staff (e.g., writing support, librarian).

Tutorials

All modules will include an academic module director and additional support 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 [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.

Internal and external reference points

This programme specification was formulated with reference to:

- [University Mission, Culture and Values](#)
- [University 2026 Strategy](#)
- [QAA subject benchmark statements](#)
- [Frameworks for Higher Education Qualifications](#)
- [Freedom of Speech Code of Practice](#)
- [The University's Approach to Dignity and Respect](#)

Date written / revised: December 2025

Programme originally approved: 22 April 2026