

Programme Specification

Award and title: MSc Sports Coaching Science

<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
<i>Programme/s accredited by:</i>	Not Applicable
<i>Exit awards:</i>	Postgraduate Certificate Sports Coaching Science Postgraduate Diploma Sports Coaching Science
<i>UCAS code / GTTR / other:</i>	Not applicable
<i>Joint Honours combinations:</i>	Not applicable
<i>QAA subject benchmark statement(s):</i>	Events, Hospitality, Leisure, Sport and Tourism (2019) QAA Master's Degree Characteristics (2020)
<i>Mode/s of study:</i>	Postgraduate periods of study ¹ for full time / part time: Full time for 1 year Part time for 2 years
<i>Language of study:</i>	English
<i>Paired with Foundation Year</i>	No
<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 Sports Coaching Science Masters programme has a scientific foundation, drawing upon interdisciplinary sport and exercise science knowledge and understanding to enable students to effectively align theoretical principles with practical, applied sports coaching delivery and experiences. If you wish to be at the forefront of contemporary, applied sports coaching practice, able to meaningfully impact athletes and practice across the spectrum of community grassroots and high-performance, then this is the right course for you.

The Sport department, within which you will study this degree, has a strong and active research profile. Academic staff that will deliver the programme are engaged in internationally renowned research activities pushing at the boundaries of what we know and understand about applied sport coaching practice and how we might support athletes and learners in their sporting endeavour. A particular strength in the academic team teaching on the programme is our world class Sports Psychology research. Additionally, the department boasts a growing portfolio of work in the field of human movement and motor learning with a particular focus on monitoring and developing healthy athletes, the management of training loads, the deterministic qualities and trainability of deceleration and agility, and modern approaches to coaching practice with a focus on athlete-environment interactions and the technical and tactical decisions and actions of athletes. This

research underpins the programme, meaning that you will be taught by experts in their discipline and that the curriculum provided remains up-to-date, cutting edge, and distinctive. Additionally, the staff team have extensive applied experiences in a wide variety of clinical and sport performance settings, so they are able to share their experience and bring contemporary insight into classroom delivery. This first-hand knowledge will ensure you graduate fit for purpose and ready to meet the challenges of working in sports coaching settings.

The Sports Coaching Science programme will provide you with an interdisciplinary approach and understanding of the field enabling you to draw pertinent links between theoretical principles and applied practice. Through being able to utilise the core sub-disciplines of sport and exercise science (biomechanics, physiology, psychology) alongside contemporary, evidence-led coaching knowledge, practitioners will be well placed to provide comprehensive, integrated, and effective intervention and sport coaching. The MSc Sports Coaching Science acknowledges the value in developing complementary academic skills (to study and conduct research in sports coaching science) and the vocational competencies that are necessary to become a skilled practitioner and employable graduate. You will study a range of modules that will build upon existing knowledge and understanding by introducing advanced techniques integrating high-performance scientific training methodologies, industry standard technology driven analysis, and contemporary approaches to skill development and athlete support. Modules include:

*Advanced Sport Performance Analysis, where you will learn to use state-of-the-art technologies to collect and interpret a multitude of performance data used to inform evidence-based decisions on athlete performance development. You will develop in-demand data analysis, critical thinking and communication skills, all of which are transferrable to many professions in sport and beyond.

*Advanced Practice in Physical Preparation will facilitate the transition from being consumers of sports science and coaching to becoming autonomous, evidence-based practitioners, capable of working in high-performance environments. Classes will link neuromuscular development, performance needs, and physical development theory and practice enabling you to become an integral part of the inter-disciplinary teams responsible for supporting athletes.

*Advanced Psychosocial Sport Coaching will help you appreciate the value in creating environments where athletes can thrive, achieving both wellbeing and performance success. Drawing upon well-established and contemporary psychological and sociological concepts, in-depth insights into evidence-based coaching practice will be provided as you reimagine your practice and adopt more empowering, athlete-centred approaches to professional practice, fostering holistic development.

*Advanced Sport Coaching Practice will develop the more advanced skills and understanding required to become highly effective sports practitioners. Implementation and evaluation of applied contemporary practice will provide insights to motor learning and behaviour, effectively positioning you at the forefront of contemporary coaching practice, consequently enabling you to challenge the status quo otherwise observed in many sports coaching environments when it comes to the planning, design, and delivery of coaching intervention.

As a student on this programme, you will study at our recently built, 57-acre sports park. Facilities include a Sports Centre with Sports Science Laboratories, Sports Hall, world class Strength and Conditioning Suite, indoor Tennis Centre, international standard grass and synthetic pitches, Padel courts, and synthetic track. The site has supported high-performance athletes over recent years including for the Rugby League World Cup, The Women's Rugby Union World Cup, and has been the training base for Super League team, the York Knights.

Distinctive Features:

- Designed and delivered by accredited, experienced sports practitioners and research active staff.
- 100% face-to-face teaching, delivered over three days a week, supplemented by online resources and materials.
- Opportunities to gain experience working with our external partners and become immersed in the distinctive world of sports coaching.
- Authentic formative and summative assessments providing a comprehensive portfolio of experiences reflective of what sports coaches do in practice.

- Opportunities to engage in our continuing professional development (CPD) programme and gain qualifications that will enhance your employability.
- Become part of a strong academic community, inspired by the values and ethos of York St John University around social justice and embracing diversity.

Admissions criteria

You must meet the minimum entry requirements which are published on the programme specific webpage.

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 York St John University's graduate attributes, this programme aims to:

Develop knowledgeable, evidence-led, curious graduates, able to imaginatively find solutions to complex theoretical and practical problems.

Produce competent users of relevant technologies, able to use such resources to support their own, and others applied practice and professional development.

Create effective team members and leaders, who are able to communicate effectively and influence the practice and behaviours of others.

Programme learning outcomes

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

Level 7

- 7.1 Systematic understanding of sports coaching science knowledge, including a critical awareness of contemporary discourses and new insights at the forefront of the field.
- 7.2 Comprehensive understanding and application of techniques and methods pertinent to supporting athlete development and professional practice.
- 7.3 Proficiency in gathering, analysing, interpreting, and critically evaluating data using appropriate software and research methodologies.
- 7.4 Originality in the ability to apply knowledge, techniques, and research methodologies practically to create and interpret knowledge in sport coaching science.
- 7.5 Advanced communication skills (written, verbal, visual, digital) enabling insightful articulation and interaction with diverse stakeholders, including athletes, coaches, and other practitioners.
- 7.6 The ability to act autonomously, tackling complex issues systematically and creatively, making informed decisions in challenging, real-world, interdisciplinary environments.
- 7.7 The ability to apply theoretical knowledge to practical, applied settings through, work-based learning, case studies or projects, demonstrating professionalism and effective self-reflection.
- 7.8 A critical understanding of ethical issues, professional codes of conduct, and responsible industry practice (e.g., equality, diversity, and inclusion in coaching practice, managing player load during practice & performance)
- 7.9 Comprehensive planning and execution of projects that involve advanced research methods and data collection to answer a novel research question in sport and exercise science.
- 7.10 Demonstrate skills and attributes that lead to positive contributions in the workplace, such as digital literacy, critical thinking, time management, and teamwork.

Programme structure

Code	Level	Semester	Title	Credits	Module status	
					Compulsory (C) or optional (O)	non-compensable (NC) or compensable (X)
SPO7005M	7	1, 2, 3	Advanced Research Methods and Application	60	C	NC
SPO7006M	7	1	Advanced Sport Performance Analysis	30	C	X
SPO7007M	7	1	Advanced Practice in Physical Preparation	30	C	X
SPO7008M	7	2	Advanced Psychosocial Sport Coaching	30	C	X
SPO7009M	7	2	Advanced Sport Coaching Practice	30	C	X

Any modules that must be passed for progression or award are indicated in the table above as non-compensable. A non-compensable module is one that must be passed at the relevant level (with a mark of 50 in order to progress).

Learning, teaching and assessment

Learning and Teaching

Learning is scaffolded across the programme with the intention of building the appropriate academic, professional, and practical skills required for you to become independent learners, and evidenced-informed, problem-solving sports coaches, subsequently laying the foundation to develop skills in the short and longer term. The curriculum design is focussed upon developing the type of graduate practitioners capable of future employment within inter-disciplinary sport environments. On the MSc Sports Coaching Science programme, you will encounter a range of teaching and learning experiences including face-to-face, complementary on-line activities, self-directed, and experiential opportunities. As you progress through the programme, you will be expected to make increasingly significant contributions to your own learning and become more independent and self-directed. Teaching and formal contact time is 100% 'in-person'. Face-to-face teaching will include lectures, seminars, practical sessions, and laboratories. Learning will be framed within knowledge dissemination in lead lectures, problem-based learning in response to case studies and scenarios in seminars and practical classes, debating or discussing practical ethical issues in sport and coaching, tutor-facilitated, student-led applied coach education workshops (i.e. peer coaching, mentoring), macro, meso and micro planning and delivery within specialist environments, and selecting, applying, adapting or devising performance analysis approaches using a range of technologies in both field and laboratory settings. Teaching will be scheduled over 3 days only, allowing significant flexibility in how you maximise your time as a student. Each day will be dedicated to a particular class to help with the flow and consolidation of knowledge and understanding. To complement the formal scheduled teaching, each face-to-face session will have scheduled independent, supported open learning embedded as part of the learning journey. These tasks will involve using specialist equipment to independently draw conclusion or create knowledge to enable the answering of topical questions from the field. You may for example have to collect physical performance data from practice and competition scenarios to explore the appropriateness of training, or alternatively design, deliver, and review applied practice where drills have been reimagined to reflect contemporary ideas around practice.

Assessment

Assessment on the programme is designed to provide a range of authentic (i.e., mirrors what you will be required to do in employment) assessments, that will drive your continued academic and professional development. You will be continually assessed throughout the programme to evaluate your learning and progress, encountering a wide variety of assessment types which may include written reports, practicals, oral presentations, and viva voces. To enhance your learning experiences, the programme uses a range of

formative tasks and assessments that are orientated towards the development of your academic and professional competencies in preparation for the final summative assessment. Engagement in these activities helps to consolidate learning and means you will be aware of what you have done well and what you could improve on, so that you are effectively placed to be successful in the summative assessment.

Tutorials

To monitor and support teaching, learning and assessment we operate a tutorial system, where you will be allocated an Academic Tutor who will monitor your engagement and progress on the degree. You will be given the opportunity to routinely meet with your Academic Tutor, d (e.g., to clarify module content or ask questions about specific assessments).

The culmination of these experiences and learning opportunities will be that you graduate as a highly employable, knowledgeable, informed practitioner, who is experienced in fulfilling numerous roles and responsibilities across the sports coaching sector having been immersed in the exciting, dynamic environment of sports coaching science.

Progression and graduation requirements

The University's [regulations](#) for taught postgraduate 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: 27 February 2026