

School of Education

BA (Hons) Sport,  
Physical Education  
and Coaching Science



1st Year SPECS students on the Outdoor Education trip, Lake District 2009.

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Sport and physical education has the power to influence and change young peoples lives and horizons, this may be your first step towards being a part of this journey.

*Dr Symeon Dagkas, Programme Co-ordinator.*

**Challenge convention.**

The BA (Hons) in Sport, Physical Education and Coaching Science (SPECS) combines the study of sport, physical education and exercise across education, community and leisure boundaries.

This programme has been designed for students who are interested in pursuing careers in sport, education and coaching. The course prepares you for a career as a sport or physical education professional, and with the skills to contribute to partnership enterprises across sport, education, leisure and community contexts.

You will study a range of topics including Sport, Physical Education, Coaching, Sport Psychology, Physical Activity and Well Being, Sport Sociology and Kinesiology. Students gain an understanding of the structure

and organisation of sport in the UK and of significant sporting bodies such as Sport England, UK Sport, Sports Coach UK and the Youth Sport Trust.

You will have the opportunity to complete a research placement in either an educational setting or in a sport, leisure or community context. Research influences all the teaching that takes place at Birmingham as you are taught by academics who are global experts in their fields, and whose research interests directly influence the content of our programmes.

The School of Education's research interests are at the heart of its mission and the School consistently scores highly in the Research Assessment Exercise which is held every 5 to 6 years.

Academic staff act as consultants to schools, local education authorities, charities, businesses and Government departments within the UK and are involved in research and consultancy in many countries.

### Staff activities and research collaborations

The SPECS staff are currently involved in projects and research with the following bodies:

- Professional Golfers Association
- Birmingham Royal Ballet
- Amateur Swimming Association
- Birmingham City Council
- British Gymnastics Association
- England and Wales Cricket Boards
- Institute of Youth Sport
- Sport Birmingham
- Youth Sport Trust
- Specialist Sports and Arts Colleges
- Teacher Development Agency

### Academic programme

The programme focuses upon the study of sport, physical education and coaching science. Students study a range of compulsory modules that may include a selection of the following:

#### Year 1

Kinesiology

Academic Skills

Introduction to Research

Personal Development through

Outdoor Education

Introduction to the Organisation, Development

and Management of Sport

History and Sociology of Sport and Physical

Education

Principles and Practice of Physical Education

through Games and Athletics

#### Year 2

Practical Studies: Aesthetic Activities of

Physical Education (Gymnastics and Dance)

Applied Coaching Theory

Sport Psychology

Research Methods in Sporting Context

Sport in the Community

Placement (Physical Education, Sport/Leisure)

#### Year 3

Advanced Kinesiology

Physical Activity and Well Being in

the Community

Sociology of Sport PE and Coaching

Teaching and Coaching of Swimming

Dissertation

The academic programme is one that seeks to give students breadth of knowledge and understanding of sport, physical education and coaching issues in both practical and theoretical contexts.

### Sports facilities

The University of Birmingham has some of the best sports facilities in the country and Birmingham itself is home to a number of world-class sports amenities and sports clubs. The university sports facilities include:

- A swimming pool
- Three sports halls
- An athletics track
- Gymnasia
- Squash Courts
- International standard pitches
- International standard all weather pitches
- Our own outdoor activities centre, The Raymond Priestley Centre, in the Lake District

[www.sport.bham.ac.uk/raymondpriestley](http://www.sport.bham.ac.uk/raymondpriestley)

### Sport at the University of Birmingham

SPECS students represent the University in British Universities and Colleges Sport (BUCS) competitions. There are also more informal opportunities to participate in sport through intra-league sports competitions that operate within the University. Students are encouraged to obtain NGB Coaching Awards to enhance their coaching experiences during their time at University.

### Sports scholarships

Students may apply for sport scholarships from the University. Several of our current students are sports scholars. Further details can be obtained University of Birmingham Sport (UBS) [www.sport.bham.ac.uk/scholarships](http://www.sport.bham.ac.uk/scholarships)

### Volunteering

University of Birmingham Sport offer fantastic opportunities to gain voluntary experience in sport. With our coaching/mentoring scheme you can gain volunteering experience in a variety of clubs and schools and gain national volunteering certificates [www.sport.bham.ac.uk/volunteers](http://www.sport.bham.ac.uk/volunteers)

### Preparing for your future career

From your first week here it's never too early to start planning your future career. You will have opportunities to work with our dedicated careers team, meet SPECS alumni, develop skills and put your learning into practice

### What can I do when I leave?

There are many career options (not just sporting ones) open to University of Birmingham graduates. However, if you are considering a career in sport then the 'SPECS' degree would be ideal if you are interested in PE teaching; (PGCE Secondary/Primary); sports development work, sports coaching; leisure management; youth and community work.

We believe it is important that the graduate skills you gain whilst you are a student should be transferable to any future employment.

### How much practical work will I do?

As a unique sports course provider in Higher Education, the key element is gaining and applying theoretical knowledge. This means that you will be involved in a substantial amount of classroom and seminar based theory work. Practical activities will underpin your theoretical knowledge in a range of modules, for example you will examine the theory and practice interface of activity areas, such as Games; Dance; Gymnastics; Swimming and Outdoor Education.

### What grades do I need to get on to SPECS?

All students are required to conform to certain requirements when applying to the University. Our typical offer for this programme is AAB/ABB. We consider a range of qualifications. Please consult our admissions team for advice.

### Learn more

Careers and Employability Centre

[www.as.bham.ac.uk/study/support/cec](http://www.as.bham.ac.uk/study/support/cec)

Housing services

[www.has.bham.ac.uk/studentaccom/housingservices](http://www.has.bham.ac.uk/studentaccom/housingservices)

Student Support Services

[www.undergraduate.bham.ac.uk/support](http://www.undergraduate.bham.ac.uk/support)

Guild of Students

[www.guildofstudents.com](http://www.guildofstudents.com)

University Sport Birmingham

[www.sport.bham.ac.uk](http://www.sport.bham.ac.uk)

University switchboard 0121 414 3344

Admissions Team

Please contact our admissions coordinator

with initial enquiries:

Admissions Coordinator Matt Raine

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Admissions Tutor Dr Lesley Phillpots

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[www.bham.ac.uk](http://www.bham.ac.uk)

This leaflet was written several months in advance of the start of the academic year. It is intended to provide prospective students with a general picture of the programmes and courses offered by the School. Please note that not all programmes or all courses are offered every year. Also, because our research is constantly exploring new areas and directions of study some courses may be dropped and new ones offered in their place.