



Sport and Health Sciences: School and College Liaison Activity Menu



University of
Central Lancashire
UCLan

Where opportunity creates success

On and Off Campus Workshops

We can offer a number of workshops within The School of Sport and Health Sciences to suit your students' learning requirements. The workshops are informed by, and designed to support the student's development on their current level 3 programme as well as providing an insight into studying sport in higher education.

Each workshop is up to an hour long but can be adapted to meet your individual institution's requirements.

We hope to engage and inspire your students, equipping them with the skills and knowledge that will enable them to make well informed decisions, whilst successfully navigating their way through their post 18 options.

Workshop 1

Applying for Sports Related Courses in HE

An overview Sport and PE courses available in Higher Education, including UCLan and the career paths available post-graduation.

Workshop 2 (On Campus Only)

An introduction to Match Analysis

Analysis of team and individual sport performance. Analyse a range of different sports with Sportscode, a performance software used by top sports clubs and organisations around the world. Participants will be able to collect statistics based on the sport they have analysed.

Workshop 3

Rational Recreation incl. the Development of the Modern Olympics: 1780 -1900

Learn the key elements that led to development of clubs, governing bodies and the tensions that emerged eventually leading to the professionalisation of some sports. Recognise the significance of religion, the industrial revolution and the empire in the formation of rational sport in the 19th and 20th century.

Workshop 4

Developing Coaching Skills

Explore the skills and qualities an effective coach requires in order to function effectively. Consider how coaches are increasingly having a wider social impact with regards to engaging with marginal groups, reducing anti-social behaviour and improving health.

Workshop 5 (On Campus Only)

An Introduction to Technique Analysis in Sport

Analyse a range of different sporting skills using technique analysis software, available on iPads. Participants will explore how to break down a technique and present their findings using performance analysis software while coaching sports skills in a practical sports setting.

Workshop 6

Speed, Agility and Quickness Practical Session

This session will introduce students and staff to Dynamic Warm-ups, Speed, Agility and Quickness (SAQ) training principles. The workshop will explore how performers can improve their running and turning mechanics in order to move faster and more efficiently. Participants will also get an opportunity to design their own SAQ workouts.

Workshop 7

Practical Sports Coaching Delivery

Participants will take part in a practical coaching session, led by UCLan students, exploring the development of skill development via exposure to different coaching approaches and styles.

The session will explore aspects surrounding effective session construction and delivery.

Workshop 8 (On Campus Only)

Physiology - Submaximal Vo2 Assessment

The session will allow the students to get hands-on with data collection using a Fitmate Pro gas analyser. The students will be split into small assessment teams who will test the aerobic capacity of two volunteers. The testing will involve a ramp test on Watt bike whilst the volunteer is connected to a gas analyser. Heart rate and rate of perceived exertion will also be tracked. At the end of the session the volunteers will be provided with a printout of their Vo2Max.

Workshop 9 (On Campus Only)

Biomechanics - Basic Running Gait Assessment

The session will involve the students getting hands-on with assessing the running gait of an individual. The students will be split into small assessment teams who will collect data from a volunteer and then they will undertake some basic analysis on the gait cycle.

Workshop 10 (On Campus Only)

Nutrition for Exercise and Health

Health assessment and Nutritional anthropometry, Health assessment workshop based around nutritional anthropometry and some simple blood measures to assess risk of disease.

Workshop 11

Mental Health, Sport and Physical Education

What do you know about mental health? If you were a teacher or a sports coach, would you know how to identify mental health concerns? This workshop will allow students to explore the significance of mental health and wellbeing within the Sport and Physical Education context.

Workshop 12 (On Campus Only)

Sport and Society

In this workshop students will develop knowledge and understanding of the relationship between sport and society. Students will explore some of the key theories of socialisation which affect participation in sport and how social class, gender, sexuality, race and ethnicity, disability and culture each have a significant role in the trends and issues in sports participation

Workshop 13

The Commercial Football Industry

Should professional footballers be paid so much? The workshop covers the role of football agents and debates the scale of player pay.

Workshop 14

The Sport Business Environment

Exploring and analysing the sport business environment, the workshop encourages students to consider the effects of external influences on sport industries and individual businesses. The workshop can be tailored to specific contextual needs.

Workshop 15

Business and Sport: Marketing and Branding

Your students will collaborate to pitch their own sports marketing campaign. With encouragement from our Sport Business Management team, students will apply their knowledge, skills and passions to succeed in this interactive task. Get in touch to discuss tailoring this workshop to suit your specific sport, business and/or management course needs.

Workshop 16

Skill Acquisition: Skill Classification, Theories of Learning and Information Processing vs Ecological Dynamics

Incorporates the classification of skills, theories of learning and the information processing systems vs ecological dynamics approaches to skill learning and decision-making. Additionally, considerations are given to the different levels of participants, and discussions had around the differences between a school participant and an 'elite' athlete.

Workshop 17 (On Campus Only)

Alternative Sports from Different Cultures

We live in a multi-ethnic and multicultural society which includes children and young people from widely diverse backgrounds. It is, therefore, important that PE teachers and coaches are aware of sports and physical activities from across the world. In this practical session, students will experience a range of alternative sports from different cultures. This session is aimed at students who aspire to become the next generation of PE teachers and/or coaches wanting to provide a broad range of activities (eg Kinball, Korfbal and Tchoukball).

Workshop 18 (On Campus Only)

Games Based Learning and the use of Gamification Physical Education and Sport

There is a large body of research which supports the use of constraints-based games in order to enhance learning within PE and sports contexts. The use of gamification (the application of video-game principles) in PE and sport is becoming an increasingly popular method for practitioners, in engaging and challenging learners in different ways. This practical workshop will consist of different practical games, across a range of different sports and activities, and will challenge learners to work through 'levels', 'unlock' special powers and overcome end of level 'boss' challenges.

Workshop 19 (On Campus Only)

Special Educational Needs and Disabilities in Physical Education and Sport

Over 12% of pupils in England's schools require Special Educational Needs and Disabilities (SEND) support. This practical session is aimed at aspiring PE teachers and/or coaches who want to develop a range of skills and teaching strategies in order to provide an inclusive environment for all pupils. Through a range of practical activities (eg Wheelchair Basketball, Goalball, Co-operative Learning Activities), students will gain a hands-on experience with regards to teaching under-represented groups in sport.

Undergraduate Programmes

The School of Sport and Health Sciences offers a number of undergraduate courses in the sport related field, including:

BA (Hons) Sport and Physical Education

Combine the physical and the intellectual with a degree that brings together the Science and practicalities of human movement with theories around the social impact of sport in education

BSc (Hons) Nutrition and Exercise Sciences

A multi-disciplinary programme designed to give students the skills and knowledge needed to improve the health of the nation.

BA (Hons) Outdoor Adventure Leadership

A unique course designed to match the requirements of the professional outdoor adventure industry.

BSc (Hons) Sports Business Management

This programme is ideal for those seeking a career in sport business management. This rigorous and intellectually stimulating course focuses on your development as a critical thinker.

BSc (Hons) Football Studies

It isn't just the beautiful game - it's a global business, a social phenomenon and a powerful public health tool. Take the opportunity to explore every aspect of football.

BA (Hons) Sports Coaching and Development

This programme offers students the opportunity to be at the forefront of the sports profession, leading to opportunities to gain exciting employment in the sports industry.

BSc (Hons) Sports Coaching and Performance

For students interested in sports coaching, this course has the option to specialise in specific areas of interest that include match analysis, strength and conditioning, sports psychology and sport and international development.

BSc (Hons) Sport and Exercise Science

This course will appeal to students with an enthusiasm for sport, physical activity and human science. The course teaches students how sporting performance can be improved.

BSc (Hons) Strength and Conditioning

This course allows students to gain both theoretical knowledge and practitioner skills to start an exciting career as a Strength and Conditioning Coach.



For further information on School and College activities in the School of Sport and Health Sciences, please contact:

Schools and College Liaison - eliason@uclan.ac.uk - 01772 894443

Course Enquiries - cenquiries@uclan.ac.uk - 01772 892400

uclan.ac.uk/about-us/schools-and-colleges



We have made every effort to ensure that the information in this leaflet is as accurate as possible at the time of going to press (March 2022), including but not limited to any accreditations cited. Some changes are likely to occur in the time between publication and the start date of each course.