



UCD School of Public Health,  
Physiotherapy and Sports Science

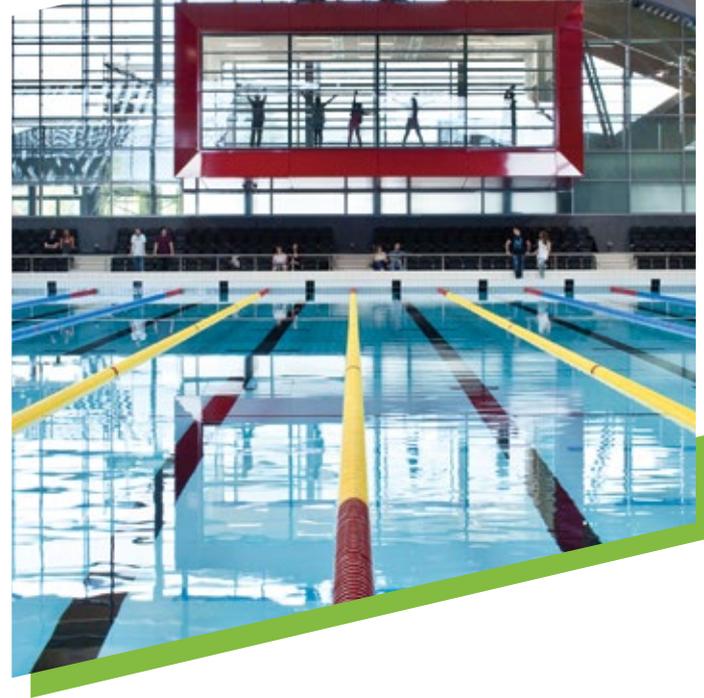
[www.ucd.ie/courses/coaching-science-sport](http://www.ucd.ie/courses/coaching-science-sport)



# MSc COACHING SCIENCE

IN SPORT





**Eileen Gleeson**  
Programme Graduate  
Assistant Manager,  
Senior Women's Irish Football Team  
Sports Development Officer,  
Dublin City Council



“ Having spent 20 years coaching elite soccer I wanted to further understand the theories underpinning my practice. The course is a balanced blend of theory and practical insights into coaching which both challenged and enhanced my coaching practice. Completing the MSc Coaching Science in Sport helped me secure my new coaching role in international football and also opened up the opportunity to complete a PhD. ”

## WHAT WILL I LEARN?

You will learn about the cutting-edge science that underpins diverse aspects of coaching, e.g. tapering and peaking to optimise performance, the coach-athlete relationship, performance and notational analysis in sport.

You will also undertake original research of your own on a topic that is relevant to you. Critical evaluation of academic knowledge and its practical application is a distinctive feature of this advanced programme.



# PROGRAMME OVERVIEW

## PURPOSE

Good practice in coaching is fundamental at all levels and ages for athlete development and success. This programme is intended for sports coaches, coach developers/educators and those working in closely related fields, to extend their scientific knowledge and understanding of the coaching process.

## VALUES

We value and encourage our students to be autonomous learners. We expect them to share their own experience with faculty and peers, as well as critically reflect on their own practice in order to enhance their existing knowledge and skills.

## NATURE OF THE LEARNING ENVIRONMENT

We aim to provide a learning environment that facilitates the comparison and contrast of theories and ideas from a range of relevant disciplines in order to integrate them into personal coaching practice.

## KEY APPROACHES TO TEACHING, LEARNING AND ASSESSMENT

In this programme we use a blend of the most innovative teaching and learning approaches and assessment strategies, such as seminars, laboratory-based experiential learning, web-based interactive learning, case-studies, group work, etc. These are informed by the world-class research carried out by our faculty in addition to the prestigious guest speakers.

# MODES OF DELIVERY

The MSc may be taken:

- > on a one year full-time or
- > two year part-time basis or
- > some of the modules can be taken individually to support continuing professional development (CPD)

Classes will take place on Thursdays (18-21) and Fridays (10-13 and 14-17)

# PROGRAMME STRUCTURE

The MSc Coaching Science in Sport will comprise two taught semesters (Sept-Dec, Feb-May, 30 credits each) and a dissertation (30 credits) on a relevant research topic over the summer months.

## SEMESTER 1

The Science of Coaching: Theory and Practice	10 credits
Applied Sports Psychology and Skill Acquisition	10 credits
Exercise Physiology and Sports Nutrition	10 credits

## SEMESTER 2

Sports and Performance Analysis for Coaches	10 credits
Planning in Strength and Conditioning	10 credits
Research Methods and Applied Statistics	10 credits

## SEMESTER 3

Dissertation	30 credits
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## ENTRY REQUIREMENTS

Applicants should have at least a second class honours degree in either Sport and Exercise Science, Sport and Exercise Physiology, Sports Coaching, Sports Development, Physical Education, Recreation and Leisure Studies or other relevant degree discipline from a recognised University.

Applicants who do not hold relevant degree will be considered on a case by case basis. At the minimum, they should have significant relevant work experience and involvement in sports coaching, with a coaching qualification recognised by their national governing body. More information on the website.

Applicants whose first language is not English must also demonstrate English language proficiency of IELTS 6.5 (no band less than 6.0 in each element), or equivalent.

## CAREERS

Graduates will typically be able to gain employment as sports coaches, coaching officers, game development officers, coach developers/educators, in the following agencies and sectors:

- > Professional and national sports teams
- > National governing bodies
- > Sports and fitness clubs
- > Physical and sport education
- > Sports training camps
- > Performance analysis in sport

## FEES

Please refer to [www.ucd.ie/fees](http://www.ucd.ie/fees) for current prices.

## APPLICATION PROCEDURES

Applications are reviewed by the Programme Director and approved by the School of Public Health, Physiotherapy and Sports Science.

All applications must be supported by official transcripts of the undergraduate degree.

Applicants who have been approved by the School of Public Health, Physiotherapy and Sports Science will be given either a firm or conditional offer online and will receive an email which details how to accept or decline the offer.

You should apply for this course at

[www.ucd.ie/courses/coaching-science-sport](http://www.ucd.ie/courses/coaching-science-sport) and follow the instructions.



# UCD 1ST CLASS UNIVERSITY

UCD is the **largest college** in the National University of Ireland with a student population of **over 30,000**. It is a vibrant, **modern university** ranked amongst the top universities worldwide.

Located 3 miles south of Dublin city centre, the spacious and leafy campus provides students with a supportive and stimulating learning environment.



### Further Information

UCD Centre for Sports Studies  
School of Public Health,  
Physiotherapy and Sports Science  
Woodview House, Belfield, Dublin 4

**Email:** [performance.science@ucd.ie](mailto:performance.science@ucd.ie)

**Website:** [www.ucd.ie/courses/coaching-science-sport](http://www.ucd.ie/courses/coaching-science-sport)