Football Performance (Higher) (Level 6)

New College Lanarkshire

Venues

Broadwood Campus

Content

This course is delivered at Broadwood Football Stadium (Broadwood Campus, Cumbernauld). You will have 3 Football sessions a week focusing on the moments of the game such as In Possession - Finish the Attack, Out of Possession - Defending the Final Third and Transitions. You will also complete 3 Strength Conditioning sessions per week with a focus on Muscular Endurance, Strength and Hypertrophy to develop your physical capacity. The course delivery comprises of training sessions, lectures and group work, delivered by vastly experienced and UEFA Pro and A Licence qualified Football coaches in an elite sporting environment.

The course develops your football ability and physical capacity to enhance your opportunity to progress in the game. The course includes units such as Human Physiology, Nutrition, Health and Wellbeing, Basic Sports Coaching Techniques, Planning Personal Fitness, Free Weight and Fixed Weight Training, Cardio-vascular Training, a National Progression Award in Exercise and Fitness Leadership at level 6, all units are to help develop your coaching practice, football performance and fitness levels.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sports and Physical Activity

Entry Requirements

3 subjects at National 5, preferably including English. Higher Physical Education would be an advantage; or NQ Football Performance (Level 5); or other relevant national qualifications at SCQF Level 5. Interview.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

SCQF Level

6

SCQF Points

«SCQFPoints»

Progression Routes

HNC Football Performance and Coaching, HNC Fitness, Health and Exercise with Football or HNC Rangers Soccer Academy Coaching Programme.

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

Town Centre
Cumbernauld
North Lanarkshire
G67 1HU

Website

www.nclanarkshire.ac.uk