

## Coaching and Developing Sport - Sport and Exercise

Borders College

### Venues

Scottish Borders Campus

### Content

This course is ideal for those who have an active involvement and passion for sport. Through a blended learning approach as well as at least 3 hours per week spent on placement with a SRU Development Officer or Live Borders Active Schools Coordinator, you will learn how to deliver sports coaching, strength and conditioning, fitness testing, sports analysis, nutrition, psychology and sports development projects, while also gaining the real life experience of enabling young sports people to thrive and develop in their chosen area. HNC Coaching and Developing Sport offers a unique opportunity to work towards industry recognised coaching awards.

The course is recognised by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and enables access to employment or university. This means you can be confident you'll graduate with enhanced employment or university prospects in your chosen field. Through completion of this HNC there will also be the unique opportunity to work towards your chosen Sports Governing bodies Level 1 and 2 coaching awards as well as Refereeing, Saltire and 1st Aid qualifications ensuring you gain the relevant skills, knowledge and experience to provide you with various options on completion.

### Start Date

August

### Qualification

HNC

### Study Method

Full time

### Course Length

36 weeks

### Department

Sports and Exercise

### Entry Requirements

2 Highers, preferably in English and Physical Education, or Sport and Exercise, or other relevant national qualifications at SCQF Level 6. Interview.

## SCQF Level

7

## SCQF Points

«SCQFPoints»

## Progression Routes

HND Year 2 in Coaching and Developing Sport

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Nether Road  
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The Scottish Borders  
TD1 3HE

## Website

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