

## Coaching and Developing Sport

Dumfries and Galloway College

### Venues

Dumfries Campus

### Content

This course will introduce the skills and knowledge you will need for a career in sports coaching and/or sports development. Together we will examine the principles of good coaching practice, as well as developing your practical and theoretical knowledge of coaching and sports development.

The course may include: Sports Coaching Theory and Practice; Anatomy, Physiology and Energy Systems; Coaching of Sports; Sports Development; Work Placement; Assisting with Sport Events; Strength and Conditioning; Coaching Children.

The course content is subject to change.

### Start Date

August

### Qualification

HNC

### Study Method

Full time

### Course Length

1 year

### Department

Sport and Fitness

### Entry Requirements

2 Highers, or NQ Sport and Fitness (Level 6), or other relevant national qualifications at SCQF Level 6. 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

7

## SCQF Points

«SCQFPoints»

## Progression Routes

Year 2 of HND Coaching and Developing Sport.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Dumfries Campus  
Bankend Road  
Dumfries  
DG1 4FD

## Website

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