

Coaching and Developing Sport

Glasgow Clyde College

Venues

Cardonald Campus
Langside Campus

Content

This coaching and developing sport course will give you the underpinning knowledge and practical coaching skills you need to pursue a career in a sports-related field or to progress to Higher Education.

Year One:

Sports Coaching Theory; Coaching Children; Anatomy and Physiology; Conduct and Ethics; First Aid; Work Experience; Sports Development; Research; Coaching of Sport: An Introduction; Graded Unit 1; Strength and Conditioning; Inclusive Sport; Fitness Testing; Nutrition; Principles of Fitness; Psychology of Sports Coaching..

Year Two:

Sports Mechanics; Nutrition; Fitness Conditioning; Improving Coaching; Coaching or Sports; Performance Development; Sports Development and Research; Graded Unit 2; Graded Unit 3; Inclusive Sports Coaching; Personal Development Planning; Current Exercise Trends; Managing a Sports or Fitness Related Event; Psychology of Sports Performers.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

2 years

Department

Sport and Fitness

Entry Requirements

2 Highers including an English based subject or NQ Sport and Fitness (SCQF Level 6); or other relevant national qualifications

at SCQF Level 6. Evidence of participation in a recognised sport or outdoor pursuit. Entry subject to interview and possibly a fitness test.

Relevant HNC may give you entry to year 2.

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

8

Progression Routes

3rd year entry to Bsc Hons Sports Coaching, Sports Development or Sports and Development at University of the West of Scotland. Employment in the Sports Industry.

Address

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Website

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