

Access to HND Sports Coaching and Development

Edinburgh College

Venues

Granton Campus

Content

This course is designed to enhance your knowledge of sports coaching and is a direct route into further study HNC/D level. Access to HND Coaching and Developing Sport is a yearlong and full-time course based around a National Progression Award (NPA). This course will develop your confidence and enhance your personal leadership and transferable skills; preparing you for further education and rewarding career in the sports and fitness industry.

There will be a considerable focus on practical participation in a range of sports and physical activities in order to enhance and compliment your existing performance and coaching abilities. This will be supported by a reasonably challenging level of classroom work in order to develop knowledge and understanding of the industry. To succeed in this course you should have a keen interest in sports, leading activities or coaching and be regularly participating in sports and physical activities.

Content:

Introduce you to the concept of sports development; Examine resources required for a specific project; Gain both practical experience and theoretical knowledge across a number of indoor and outdoor sporting activities; An understanding of how the body works and adapts to the effects of exercise; The basic theory and application of sports coaching; How to improve fitness; Develop your communication and organisation skills.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

3 subjects at National 5 including English, or relevant national qualifications at SCQF Level 5. Interview.

SCQF Level

6

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

«Address»

Website

www.edinburghcollege.ac.uk