

## Developing Sporting Performance - Rugby

Edinburgh College

### Venues

Granton Campus

### Content

This unique course is aimed at school leavers who have played age-grade rugby at District or National level. This course will push your rugby potential and develop your fitness skills through a full-time and structured programme. Discover new confidence and develop your personal ambitions in your own sporting development as you learn a variety of transferable skills. You will be taught by experienced Edinburgh College lecturers, enhance your career prospects as well as be fully prepared for further study of sport and fitness at a higher level.

There will be a considerable focus on practical activities with some theoretical classroom work in order to improve and complement your existing training and performance schedules. You must be participating at a competitive level and be committed to improving your technique. Your application must be supported with a letter of recommendation from your PE department, club or National Governing Body.

Content: Sporting performance; Knowledge and skills in target setting; Personal career management; Lifestyle planning and evaluating what is 'excellence'; Individual performance improvement; Analysis and evaluation exercise; Resistance training methods; Anatomy and exercise physiology; Instructional skills; Codes of conduct; Effective communication 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, preferably including English and a science subject. National 4 Biology an advantage. Interview and

written test.

### SCQF Level

6

### SCQF Points

«SCQFPoints»

### Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

### Address

«Address»

### Website

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