

Sports Coaching and Development

University of the Highlands and Islands (UHI)

Venues

UHI Inverness
UHI Perth

Content

This HND Sports Coaching and Development course will develop your understanding of both the theoretical and practical issues relating to a career in sports coaching for indoor or outdoor sport.

You will study the following mandatory units:

Physical preparation for sports performance; Sports coaching and development: graded unit 2; Sports coaching practitioner: knowing coaching 2; Sports coaching practitioner: knowing others 2; Sports coaching practitioner: knowing yourself 2; Sports development 2.

You can also choose to study optional modules from the following list (if not previously undertaken during HNC studies):

Coaching children; First aid for sport and fitness; Flexibility training; Inclusive sport and physical activity for participants with disabilities; Prevention and rehabilitation of sports injuries; Psychology of sport and exercise; Strength and conditioning: an introduction.

Start Date

September

Qualification

HND

Study Method

Part time (day)

UCAS Code

CX61

Course Length

2 years

Department

Sports, Adventure and Tourism

Entry Requirements

HNC Sports Coaching and Development.

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

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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