Football Performance (Level 5)

New College Lanarkshire

Venues

Broadwood Campus

Content

This course, delivered at Broadwood Stadium (Cumbernauld) includes three football sessions a week focusing on the moments of the game such as In Possession - Finish the Attack, Out of Possession - Defending the Final Third and Transitions. You will also complete three strength & conditioning sessions per week with a focus on Muscular Endurance, Strength and Hypertrophy to develop your physical capacity. The course delivery comprises of training sessions, lectures and group work, delivered by vastly experienced and UEFA Pro and A Licence qualified Football coaches in an elite sporting environment.

Content includes:

Human Physiology; Nutrition; Session Planning and Delivery; Anatomy; Nutrition; Contemporary training methods; How to work as part of a team; Enhancing core skills in communication and IT.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sports and Physical Activity

Entry Requirements

2 subjects at National 5 preferably including English and Physical Education, or relevant national qualifications at SCQF Level 4/5. Interview may be required.

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

5

SCQF Points

«SCQFPoints»

Progression Routes

NQ Higher Football Performance; NQ Higher Sport and Fitness

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

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