

## Coaching and Developing Sport

Forth Valley College

### Venues

Falkirk Campus

### Content

This is a well established and popular course which has recently been updated to meet the demands of the sports coaching industry. It is designed to provide a foundation for anyone wishing to enter the field of sports coaching and sports development. In addition, this award will provide learners with the opportunity to gain national governing body coaching awards.

Year 1:

Work Experience; Sports Coaching Theory and Practice; Conduct and Ethics for Sport; Anatomy, Physiology and Energy Systems; Coaching of Sports; Sports Development; Research in Sport and Fitness; Coaching Children; First Aid; Sports Psychology; Fitness Testing; Health Screening.

Year 2:

Managing Volunteers in Sport; Strength and Conditioning; Fitness Conditioning in Sport; Sports Mechanics; Improving Coaching in Sport ; Sports Development and Research; Developing Potential in Sport; Psychology of Sports Performance; Event Management; Sports Coaching within an International Context.

### Start Date

August

### Qualification

HND

### Study Method

Full time

### Course Length

2 years

### Department

Sport

### Entry Requirements

Higher English and Physical Education plus 3 subjects at National 5 including Maths or a science subject; or Pathway to Sports Coaching; or other relevant qualifications at SCQF Level 6. Interview.

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

Year 2 or 3 of a related degree programme

### Address

Grangemouth Road  
Falkirk  
FK2 9AD

### Website

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