

# Sports Coaching and Development

UHI Inverness

## Venues

Inverness Campus

## 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 sports.

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)

## Course Length

4 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

## SCQF Points

«SCQFPoints»

## Progression Routes

Degree programme.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

1 Inverness Campus  
Inverness  
Highland  
IV2 5NA

## Website

www.inverness.uhi.ac.uk