# Female Football Performance (Level 5)

New College Lanarkshire

## Venues

Broadwood Campus

## Content

The one year NQ Football Performance course 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.

The course being delivered at Broadwood Stadium, gives students the chance to train and play in a professional stadium that can host just under 8,000 people.

Content:

Technical and tactical development of football skills and knowledge is provided through practical training sessions with coaches qualified up to UEFA ‘A’ and ‘Pro’ Licence level; Physical development is delivered through a strength conditioning plan that focuses on the needs of the individual; 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

3 subjects at National 4, preferably including English. Higher Physical Education preferred. Or Access to Sport and Fitness (Level 4), or other relevant national qualifications at SCQF Level 4 or 5. Interview may be required. Personal Statement is required.

You would require a satisfactory PVG (Protecting Vulnerable Groups) check to show you are suitable for this type of course. Contact Disclosure Scotland for details.

## SCQF Level

5

## SCQF Points

«SCQFPoints»

## Progression Routes

HNC Football Performance and Coaching, HNC in Fitness Health and Exercise with Football, HNC Physical Activity, Health and Fitness (NextGen)

## Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

## Address

Town Centre
Cumbernauld
North Lanarkshire
G67 1HU

## Website

www.nclanarkshire.ac.uk