

# Coaching and Developing Sport

Glasgow Clyde College

## Venues

Langside Campus

## Content

HND Coaching and Developing Sport is aligned with the criteria set by Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) to ensure you gain the essential knowledge and skills needed to pursue a career within Sports.

The course not only highlights the support structures crafted for players and athletes but also allows you to engage in reality-based learning by coaching a diverse range of groups and sports.

Throughout your studies, you will gain various recognised National Governing Body awards with specific sports.

In this HND Coaching and Developing Sport course subjects covered may include:

### Year 1

Sports development 1; Human anatomy, physiology and biomechanics in sport; Sports coaching and development: developing professional practice; Sports coaching practitioner: knowing yourself 1; Sports coaching practitioner: knowing others 1; Sports coaching practitioner: knowing coaching 1; Sports coaching and development: graded unit 1; Coaching children; Psychology of sport and exercise; Prevention and rehabilitation of sport injuries; First aid in sport.

### Year 2

Sports development 2; Sports coaching practitioner: knowing yourself 2; Sports coaching practitioner: knowing others 2; Sports coaching practitioner: knowing coaching 2; Sports coaching and development: graded unit 2; Physical preparation for sports performance; Current exercise trends; Strength and conditioning; Nutrition for sports performance.

Please note: that all students will have to purchase a college sports kit at a cost of approximately £50.

## Start Date

August

## Qualification

HND

## Study Method

Full time

### Course Length

2 years

### Department

Sport and Fitness

### Entry Requirements

2 Highers, or relevant national qualifications at SCQF Level 6. Entry subject to 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

### SCQF Points

«SCQFPoints»

### Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

### Address

«Address»

### Website

www.glasgowclyde.ac.uk