

## Coaching and Developing Sport

Glasgow Clyde College

### Venues

Cardonald Campus  
Langside Campus

### Content

This course will give you the underpinning knowledge and practical coaching skills you need to pursue a career in a sports-related field or to progress to Higher Education.

Subjects covered include:

Sports development; Human anatomy, physiology and biomechanics in sport; Sports coaching and development: developing professional practice; Sports coaching practitioner: knowing yourself; Sports coaching practitioner: knowing others; Sports coaching practitioner: knowing coaching; Sports coaching and development: graded unit 1; Strength and conditioning; Coaching children; Physical preparation for sports performance; Sports coaching and development: graded unit 2; Psychology of sport and exercise; Prevention and rehabilitation of sports injuries; Nutrition for sports performance; Current exercise trends.

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 including an English based subject, or NQ Sport and Fitness (Level 6), or NQ Sports Coaching (Level 6), or NQ Fitness, Health and Exercise (Level 6), or other relevant national qualifications at SCQF Level 6. Evidence of participation in a

recognised sport or outdoor pursuit. Entry subject to interview and possibly a fitness test.

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

Further study at university or employment in the sports and fitness industry.

## Address

690 Mosspark Drive  
Glasgow  
Glasgow City  
G52 3AY

## Website

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