Coaching and Developing Sport

Glasgow Clyde College

Venues

Langside Campus

Content

This in-depth course, created in line with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) will help you on your way to becoming a qualified sports coach. It covers principles like sports development, anatomy, nutrition, injury prevention and rehabilitation for players and athletes, as well as practical coaching skills, which you'll learn by coaching a diverse range of groups and sports throughout the course. Along the way, you'll gain recognised National Governing Body awards which will help you on your way to a successful career.

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.

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