

## 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, or NQ Sport and Exercise (Level 6), or other 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»

## Progression Routes

Relevant degree programme.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

690 Mosspark Drive  
Glasgow  
Glasgow City  
G52 3AY

## Website

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