

## 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