

## Sports Coaching and Development

University of the Highlands and Islands (UHI)

### Venues

UHI Inverness  
UHI Moray  
UHI Perth

### Content

The HNC Sports Coaching and Development course allows you to develop an understanding of both the theoretical and practical issues relating to a career in sports coaching for indoor or outdoor sports.

You will study the following mandatory units:

Human anatomy, physiology and biomechanics in sport; Sports coaching and development: developing professional practice; Sports coaching and development: graded unit 1; Sports coaching practitioner: knowing coaching; Sports coaching practitioner: knowing others; Sports coaching practitioner: knowing yourself; Sports development 1.

You can also choose to study optional modules which may include:

First aid for sport and fitness; Inclusive sport and physical activity for participants with disabilities; Prevention and rehabilitation of sports injuries; Psychology of sport and exercise; Strength and conditioning: an introduction.

### Start Date

September

### Qualification

HNC

### Study Method

Full time

### UCAS Code

06XC

### Course Length

1 year

### Department

Business, Leisure and Tourism

## Entry Requirements

2 Highers at C or above, preferably English and Maths or a science subject; or relevant national qualifications at SCQF Level 6. Candidates require a good performance background in a variety of sporting activities.

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

Degree level study at other institutions.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Course Information Line  
UHI  
Old Perth Road  
Inverness  
IV2 3JH

## Website

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