

Sports Coaching and Development

UHI Inverness

Venues

Inverness Campus

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

Part time (day)

Course Length

2 years

Department

Sports, Adventure 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

7

SCQF Points

«SCQFPoints»

Progression Routes

On successful completion of this course you may progress to the HND Coaching and Developing Sport, BSc (Hons) Sport and Fitness, or the BA (Hons) Sports Management.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

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Website

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