

Women's Football Performance (Level 4)

Glasgow Clyde College

Venues

Cardonald Campus

Content

NQ Woman's Football Performance - Level 4 is designed to let you study, train and play in the manner of a professional footballer.

You will improve your technical abilities, tactical game understanding and knowledge.

You will also improve and develop fitness aspects such as strength, power, flexibility, agility, muscular endurance, cardiovascular endurance and speed.

Units can include:

Sporting activity football; Technical and tactical within team training sessions; Sporting activity: an introduction; Health analysis, football preparation; Sports conditioning for footballers; Individual player development programme (IPDP); Football, health and wellbeing.

A PVG will be required to undertake any coaching placements/work experience which may be included in the course.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

18 weeks

Department

Sport and Fitness

Entry Requirements

No formal entry requirements.

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

4

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

«Address»

Website

www.glasgowclyde.ac.uk