Advanced Sports Coaching and Development (Level 6)

Glasgow Kelvin College

Venues

Springburn Campus

Content

This Level 6 course is ideal if you're enthusiastic about sport and ready to build the skills, confidence, and practical experience needed for a future in coaching or sports development. You'll take part in real coaching sessions, match scenarios, and fitness-based activities while learning how to plan, deliver, and review coaching practice across different sports.

Alongside your practical work, you'll explore performance analysis, inclusive coaching approaches, athlete development, and applied sports science. Learning takes place in a friendly, supportive environment where lecturers help you build strong foundations and grow your coaching abilities.

You'll develop the technical, physical, and professional skills needed to deliver safe, effective, and engaging coaching sessions. Over the year, you will explore topics such as:

Sports Coaching Practice; Performance Preparation & Analysis; Human Physiology & the Energy System; Nutrition for Physical Activity; Strength & Conditioning; Development of Personal Fitness; Teamwork, Leadership & Communication.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sport, Fitness and Adventure Sports

Entry Requirements

1 Higher, or National 5 English, Physical Education and a social science subject, or relevant national qualifications at SCQF

Level 5.

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

6

SCQF Points

«SCQFPoints»

Progression Routes

Relevant HNC

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

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