

## Sports Coaching and Development

City of Glasgow College

### Venues

City Campus

### Content

This course introduces and develops the skills and knowledge you'll need for a career in sports coaching. You'll examine the principles of good coaching practice, as well as developing a wide range of practical and theoretical knowledge of games and sports. Work experience is included and you will also have the opportunity to qualify for Sports Coaching awards from national governing bodies.

You'll lead practical coaching sessions, in college and in schools. An Enhanced Disclosure Scotland check must be successfully completed before you coach young people in schools.

You'll study:

Sports development; Human anatomy, physiology and biomechanics in sport; Developing professional practice; Knowing yourself; Knowing others; Graded unit 1; Prevention and rehab of sports injuries in sport; First aid in sport; Coaching children in sport; Inclusive sport and physical activity for participants with disabilities.

### Start Date

August

### Qualification

HNC

### Study Method

Full time

### Course Length

1 year

### Department

Sport, Fitness and Sports Therapy

### Entry Requirements

Higher English or another English based subject and Physical Education; or NQ Sports Coaching (Level 6); or other relevant national qualifications at SCQF Level 6. Entry subject to interview.

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

Year 1 or 2 of BSc (Hons) Sports Coaching at University of the West of Scotland; Year 1 or 2 of BA (Hons) Sports Development at University of the West of Scotland

### Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

### Address

City Campus  
190 Cathedral Street  
Glasgow  
G4 0RF

### Website

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