

Coaching and Developing Sport

City of Glasgow College

Venues

City Campus

Content

This course introduces and develops the skills and knowledge you will 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 will 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.

Year 1

Knowing coaching; Knowing others; Knowing yourself; Developing professional practice; Human anatomy, physiology and biomechanics; Sports development; Coaching children; Inclusive coaching; First aid; Prevention of sports injuries; and Graded unit.

Year 2

Knowing coaching 1; Knowing others 2; Knowing yourself 2; Sports development 2; Physical preparation for sports performance; Applied psychology in sport and exercise performance; Nutrition in sport; Current exercise trends; and Graded unit 2.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

2 years

Department

Sport and Fitness

Entry Requirements

2 Highers including English or another English based subject; or NQ Sports Coaching; 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

8

SCQF Points

«SCQFPoints»

Progression Routes

A relevant degree at a Scottish University

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

City Campus
190 Cathedral Street
Glasgow
G4 0RF

Website

www.cityofglasgowcollege.ac.uk