

FdSc Sports Coaching

Full Time // Truro College or Penwith College

You will develop an understanding of applied coaching in relation to your chosen sporting activities. In the second year, you will undertake a project which allows you to extend your own interest, while also acquiring and developing skills of research and investigation.

Why choose this course?

As part of the course you will spend time in local primary and Secondary schools delivering session to Key stage 1,2 & 3 students as part of the Principles of Coaching module.

The FdSc Sports Coaching course is registered, at Level 2, with Sports Coach UK. On completion of the course, as well as obtaining a record of logged coaching hours, a graduate will be able to register as a recognised Sports Coach. This is a vocational prerequisite for industry and a key indicator of professional standards.

You will have access to therapy suites, fitness suites, a swimming pool, sports hall, sports science labs and physiotherapy suites.

This course will be completed through coursework, practical assessments and group projects.

What will I learn?

Learners on the course will refine their ability to access sport coaching orientated information from a broad selection of sources whilst communicating the principles in an approach that is relevant to the topic of study. Learners will establish a range of practical coaching techniques including the ability to understand group delivery and coaching styles. Outcomes of the course are to develop the capability to appreciate and apply knowledge and understanding of processes and mechanisms of coaching and learning at different levels and abilities. There is a football specific route available in which optional modules can be applied. Improved communication skills will enable learners to become more efficient coaches and this will be practised through work placements in order to prepare students for employments and progression onto their chosen future.

First Year

Principles of Coaching and Learning 1

Anatomy and Physiology

Team Sports

Research Methods

Introduction to Biomechanics

Nutrition

Second Year

Principles of Coaching and Learning 2

Fitness Testing and Development

Individual Sports and Outdoor Activities

Coaching Strength and Conditioning for Sport

Sports and Exercise Psychology

Project

Methods of Study

You will be taught through a mixture of practical assessments, theory and tutorials. Assessment is a mixture of assignments and end of module exams. Some modules are 100% coursework where students are assessed demonstrating specific skills such as coaching and sports massage.

Where will it take me?

This course has strong links with YES soccer in USA for individuals to spend the summer coaching. We also have links with after-school clubs at local primary/secondary schools which you can get involved with. All assignments are employer-focused and scenarios are employer focused to ensure relevance to intended future employment opportunities.

Further study:

- BSc (Hons) Applied Sport and Health Science at Truro College
- BSc (Hons) Health and Fitness at University of Plymouth

What will I need?

GCSE Level: Normally English and Maths at Grade C or above.

Together with one of the following:

*A minimum of 24 tariff points at A Level or equivalent Level 3 qualification
Access to Higher Education: Considered on an individual basis
Level 3 qualifications achieved in the workplace will be taken into consideration*

Applications from mature students without academic credentials will be considered on an individual basis but must prove they are capable of Higher Education study.

National, Advanced and Extended Diplomas in a relevant subject are accepted as a progression to a Foundation Degree and HND.

Prospective students will be required to successfully complete a Disclosure and Barring Service check (formerly Criminal Records Bureau).

Please note, additional costs may be incurred for a Disclosure and Barring Service check (formerly Criminal Records Bureau) and if any equipment, resources or trips need to be purchased.

Additional Information

Awarding body

Plymouth University

Duration

Two years full time, part time route available

How to Apply

UCAS Institution: Truro and Penwith College

UCAS Institution Code: T85

UCAS Course Code: 610