

Sports Coaching

Summary

Focusing on the role of the sports coach, this theory-based course will teach learners about anatomy and physiology for sports coaching, coaching methods and models, ethics within sports coaching and how to understand the athlete's mind. The course covers many different sports and the knowledge gained can improve your coaching ability in all of them.

Course Provider

Open Study College
1760 Solihull Parkway, Birmingham Business Park,
Birmingham B37 7YD
0330 433 2876 | www.openstudycollege.com

Qualification Accreditation

The course does not lead to a regulated qualification but it has been endorsed by the Quality License Scheme

Academic level

3

PET entry requirements

Level 2 English

Format of course material

Paper-based

Structure of course

Unit 1 - What Is Sports Coaching?
Unit 2 - Essential Anatomy and Physiology for Coaching
Unit 3 - Coaching Methods and Models
Unit 4 - Coaching for Special Populations
Unit 5 - Understanding the Athlete
Unit 6 - Ethics and Sports Coaching

Assignments

6

Exam

No

Study hours

120 hours

Course expiry date

12 months

Prison support requirements

Facilitate tutor support via email. This often requires scanning learner assignments and email them to their tutor.

Supplier tutor's support

Yes - accessed via prison staff. Assignment feedback given and questions answered.

Certificate

A printed certificate is provided upon successful completion.

Progress

There are range of possible progression options, such as Nutrition to Support Physical Activity and Exercise, or an Open

	University Access Course in Psychology, Social Science and Wellbeing. Call our free Advice Line on 0800 048 7520 on Tuesdays (10-12pm and 2-4pm) and Thursdays (10am-12pm and 2-6pm).
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