

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.openstudycolllege.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



	<p>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).</p>
--	--