



University of the
Highlands and Islands
Perth College

HNC/D Coaching and Developing Sport (Outdoor)





About the HNC Course

This award is designed to support applicants who wish to pursue a possible career working within the industry or other career paths. This course provides you with opportunities to experience the culture required from the sports coaching industry as defined by the National Occupational Standards.

You will study

Your course may include units of study such as; sports coaching theory and practice, conduct and ethics for sport and fitness practitioners, anatomy, physiology and energy systems, coaching of sports: an introduction, sports development: an introduction, work experience, research in sport and fitness: an introduction safe practice in outdoor activities, foundations of outdoor activities and coaching and developing sport: graded unit 1.

Entry requirements

You should show active involvement in sporting activities (for example; participation in an sport based activity by providing a written reference that supports your application from a relevant individual or organisation. Applicants should have a core skills profile in the following two competencies at a minimum SCQF Level 5 (Communication and ICT) and attend a recruitment day with the Sport and Fitness team which comprises practical activity and a one-to-one interview. Students must also be accepted as a Protecting Vulnerable Groups (PVG) scheme member through the college system. Placements cannot be started without this.

PLUS ONE OF THE FOLLOWING: External applicants must also have two Highers at C grade or above, preferably English and Physical Education or Biology plus another three qualifications at SCQF Level 5 or equivalent.

OR: Internal applicants must have passed the NC Sport and Fitness Level 6 group award (12 credits), PDP unit and positive reference from your PAT.

Those returning to learning with relevant life experience will be required to submit a brief written assignment prior to interview (set by Sport and Fitness team).

Careers and training

Jobs might include sports coaches and leaders, development staff, active schools staff, community sports hub employees, outdoor facility staff. becoming self-employed.

About the HND Course

The HND Coaching and Developing Sports award is designed to build on the knowledge and experience gained from completing the HNC award and it will allow you to advance your knowledge and competence in the field of coaching and sports development. The award will provide a qualification recognised by employers and the public, and will allow access to employment.

You will study

The HND in Coaching and Developing Sport will advance your study of the mechanics of sport, allow you to work with more advanced performers, study the theories behind different types of performers, spend more time coaching, specialise in working with various groups, such as the over 60's clients, disabled clients, children who are physically inactive or supporting outdoor activities.

Your course may include units of study such as; fitness conditioning in sport, sports mechanics, improving coaching in sport, coaching of sports performance, application of management and organisational skills in outdoor activities, sports development and research, coaching and developing sport: graded unit 2 and coaching and developing sport: graded unit 3.

Entry requirements

For Year 2 entry all applicants must have achieved HNC Coaching and Developing Sport Group Award (15 credits) and be accepted as a Protecting Vulnerable Adults (PVG) scheme member through the college system. Work with clients cannot be carried out without this.

Applicants must attend a recruitment day with the Sport and Fitness team which comprises practical activity and a one-to-one interview and provide a reference (from Personal Academic Tutor or academic equivalent) and personal statement. You may apply to the BA Sports Management.

Careers and training

Jobs may include sports coaches, development staff, active schools staff, community sports hub employees, outdoor facility staff, become self-employed or work with national governing bodies and sportscotland.

If you're interested in a future in the sports industry, there's no better place to learn than at Perth College UHI. Our team of industry experts ensure students have an excellent experience and gain academic qualifications as well as industry involvement.

For more information contact: T: 01738 877629 Or E: sharon.mcguire.perth@uhi.ac.uk