

COWLEY

SIXTH FORM COLLEGE

BTEC LEVEL 3 DIPLOMA

SPORTS COACHING AND DEVELOPMENT

Overview

Your first year with us will be spent looking at the Sports industry as a whole looking at how it is organised in the UK as well as the many employment opportunities there are.

As you progress to year two, you will focus fully on developing your coaching skills and knowledge. The year will culminate in you delivering a well planned coaching session to a group of younger students

Both years are practically based with time split between the classroom and the various sports venues we have available to us at Cowley.

Lessons

Each unit has a practical and written element to it. Therefore, a typical lesson may involve some note taking in the classroom followed by a practical activity outside after which you will record; results, scores, feedback from peers etc. This evidence will then be used for an evaluation next lesson.

Outside the classroom

Educational visits include:

- Health and Safety visit to Old Trafford, Anfield and Wembley stadium
- Sports Laboratories at John Moores University
- Coaching from professional coaches at St Helens RLFC
- Golf lessons at North West National Golf Course
- First Aid course with St. John's Ambulance
- Rugby League referees course

Equipment that you will need

Athletic clothing for outdoor and indoor sports activities.
Trainers, football boots and a water bottle.



As part of this course, I was given the opportunity to do a Level 1 Coaching Badge, which has been really useful and resulted in me becoming a Community Rugby Coach with Saints RFC.



Progression

Many students who study Sport go on to complete a degree in such areas as Sports Science, Sports Development, Physiotherapy and Physical Education. There are many higher education establishments offering Sport related degrees in the north west and nationwide.