

# NPA: Sports Coaching SCQF Level 6

## What will I study?

**There are two units of study:**

### Sports Coaching: Knowing Yourself and Knowing Others

- You'll learn the key roles and responsibilities in sports coaching, including duty of care, safeguarding and health and safety. You'll develop your own coaching philosophy and reflective practice, identifying strengths and next steps, and you'll build understanding of participants' needs — their motivations, expectations and barriers to taking part.

### Sports Coaching: Knowing Coaching

- You'll learn how to plan, deliver and review coaching sessions that are safe, enjoyable and suited to participants' needs. You'll create session plans and risk assessments, set up a safe coaching environment, and improve your coaching through feedback.

## What skills will I develop?

You will develop practical coaching skills to plan, deliver and review safe, enjoyable sessions.

You'll strengthen communication by adapting explanations, demonstrations and feedback for different groups.

You'll build teamwork and leadership by working within a coaching team, supporting others, and taking responsibility for parts of a coaching programme.

Through reflective practice you'll identify your strengths and areas for improvement, shape your coaching philosophy, and set realistic development goals.

You'll also develop problem-solving skills by adapting activities in the moment, responding to participant motivation, expectations and barriers.

## How will I be assessed?

Assessment is mainly practical and evidence-based. You'll be assessed through observed coaching delivery alongside a coaching portfolio containing key documentation such as session plans, an overview of a short coaching programme and risk assessments.

Knowledge and reflection can also be evidenced through professional discussion with your assessor.

## What could I potentially go on to study upon completion of this course?

- Sport-specific coaching qualifications through a National Governing Body (eg, football, basketball, athletics, swimming)
- Sports Coaching and Development HNC at UHI (Level 7)
- Fitness Instructor / Gym Instructor qualifications

## Possible Careers



**Need more info? -**

<https://www.sqa.org.uk/sqa/113551.html>