

certificate in coaching science

NQF level 5, 120 credits, 1 year learning programme (full time or correspondence) and part time-accelerated learning

course description

The Coaching Science learning programme provides students with a balance of theoretical and practical learning. This enables graduates to work as sport coaches to aspiring youngsters or beginner athletes. The programme also ensures that students are exposed to sufficient field-based experiential learning to achieve their qualification. Graduates are able to work as sport coaches in schools, clubs or with special projects in sport. With the theory of exercise science and training in conditioning programmes, coaching science graduates are also able to work in the fitness industry. Through the **eta** process of personalised teaching and exposure to physical activity and sport, students are able to successfully achieve their assessment criteria. A qualifying student is able to:

- coach sport to performers at beginner to intermediate level
- provide fitness conditioning programmes that support sport performance
- develop athletes' mental skills for their sport
- demonstrate communication and coaching skills to assist performers with their sport goals
- promote and provide health and safety in their practice
- manage a sport team

specialisations

Included in the course fees are the specialisation modules for two selected sports; **eta** offers rugby, football, hockey, cricket and netball. This enables students to coach the basic skills of that chosen sport. The **eta** coaching specialisations are not the federation's course; students are encouraged to complete this level-1 course as it is important to work with their specific sport federation. At an additional fee, students can add to their skills-set by choosing any of the **eta** specialisation modules on offer during their course. These options include aerobic, step and tone classes to music, coaching sport (cricket, football, hockey, netball or rugby, beginner to intermediate level), indoor cycle classes to music, massage for sport and fitness, nutrition for performance, pilates mat, vinyasa yoga level one.

course modules

1. life skills for coaches
2. exercise science
3. screening, assessment and testing
4. applied coaching science
5. coach sport: beginner to intermediate
6. special needs in coaching sport
7. health and safety
8. sport team management

modules and subjects

1. life skills for sport coaches

- operate a personal computer
- Planning and conducting research
- values and ethics
- operate as a coach

2. exercise science

- anatomy
- exercise physiology
- applied kinesiology
- training principles and methods

3. growth and development

- growth and development

4. screening, assessment and programming

- risk screening
- assessment and fitness testing
- programme design

5. applied coaching science

- nutrition principles
- psychology 1
- plan practice sessions

6. coach sport for beginner to intermediate levels

- teaching sport skills
- coach sport to beginner to intermediate level

7. special needs in coaching sport

- social issues, diversity and equity
- special needs and disability in sport
- coaching special needs

8. health and safety

- HIV/aids in the workplace
- safety and risk management

9. sport team management

- personal organisation
- team work
- workplace communication skills
- organise and administer sport
- team ethics
- team management and logistics