

diploma in coaching science

NQF level 5, 247 credits, 2- year learning programme (full time or correspondence) and part time-accelerated learning

course description

The Coaching Science diploma learning programme provides an exciting balance of theory and practice to enable graduates to coach intermediate to advanced level athletes in their chosen sport. The programme ensures that students have 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, nationally and internationally. With the theory of exercise science and training in conditioning programmes, graduates are also able to work in the fitness industry. Through the **eta** process of personalised teaching and exposure to plenty of physical activity and sport, students are able to successfully achieve their assessment criteria. A qualifying student is able to

- coach sport to performers at all levels
- demonstrate communication and coaching skills
- promote and provide health and safety in their practice
- manage a sport team
- provide sport fitness conditioning and sport specific testing
- provide advice on sport nutrition and the use of ergogenic aids
- promote sport psychology principles that support sport performance
- display appropriate coaching, communication and mentoring skills
- demonstrate business and administration skills

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. Students can add on additional skills and choose any of the **eta** specialisation modules on offer during their course, at an extra fee. 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 (spinning), massage for sport and fitness, nutrition for performance, pilates basic mat, sport psychology, vinyasa yoga. Students are also encouraged to pursue their sport coaching specialisation and achieve the sport federation coaching or technical officiating course (minimum level 1). **eta** assists with this process but the cost is not included in tuition fees.

course modules

first year

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

second year

1. mental skills
2. advanced sport and exercise science
3. sport injuries and health management
4. periodization of training
5. sport nutrition
6. screening, assessment and sport fitness conditioning
7. sport skills and tactics
8. talent identification and sport development
9. organisation of sport and business management



