

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), indoor cycle classes to music, massage for sport and fitness, nutrition for performance, pilates mat, yoga level one. Students are also encouraged to pursue their federation's coaching specialisation or technical officiating (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. exercise science
3. growth and development
4. screening, assessment and testing
5. applied coaching science
6. coach sport: beginner to intermediate
7. special needs in coaching sport
8. health and safety
9. sport team management

second year

1. mental skills
2. sport and exercise science
3. sport injuries and health management
4. screening, assessment & programming for sport
5. sport nutrition
6. coach sport: intermediate to advanced
7. organisation of sport and business management

first year 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

second year modules and subjects

1. mental skills

- mentoring
- personal growth
- psychology 2

2. sport and exercise science

- sport and exercise performance
- anatomy and biomechanics for sport

3. sport Injuries and health management

- medical and health considerations for sport
- sport injuries

4. screening, assessment and programming for sport

- screening, assessing and testing for sport
- sport fitness conditioning
- periodisation of training

5. sport nutrition

- nutrition and eating disorders
- sport nutrition and ergogenic aids

7. coach sport: intermediate to advanced performers

- skills and tactics for sport
- sport coaching
- talent identification and development

8. organisation of sport and business management

- organisation of sport
- workplace data
- entrepreneurship and business management