

# HNC Sport (Community Coaching for England) - HTQ



Course Level: Level 4

Campus: Newcastle

Subject Type: Sport & Public Services

## Course Overview:

Prepare for a dynamic career in sports and equip yourself with the knowledge and skills to make a positive impact through sports coaching with our HNC/D program.

Through practical coaching sessions and reflective practice, develop the skills to inspire and empower individuals of all ages and abilities to achieve their full potential in sport and recreation.

## What's Covered:

The HNC Community Coaching for England is taught by experienced industry professionals and the aim of the course is to develop your theoretical and practical knowledge of Sport and Coaching related subjects. The course will run in collaboration with the Stoke-on-Trent and Staffordshire Institute of Technology (SoTtoT) and is designed to equip learners with community coaching skills, knowledge and understanding to progress to subsequent studies in higher education institutions or employment in the UK community coaching.

The course is made up of units at Level 4, with credits awarded for each unit. The units that will be studied are:

### Core units

- Nutrition
- Fundamentals of Sport & Exercise Psychology
- Anatomy & Physiology
- Professional Skills

### Additional units

- Coaching Practice & Skill Development
- Training/Fitness/Testing
- Lifestyle Coaching
- Community Coaching

You will learn through a well-balanced range of studies, which combines practical skills and theoretical knowledge. In addition to the course it is recommended that you seek out other relevant qualifications that will help you gain employment. The College can provide assistance in finding suitable qualifications.

## Entry Requirements:

Typically, you'll need a relevant Level 3 qualification and at least 4 GCSEs at grade C (4) or above (including English Language and mathematics). All students will be interviewed and assessed individually.

## Assessment Information:

The course is accredited by BTEC. There is no final written examination as you achieve your

**Small  
class  
sizes**

**Expert  
Teaching**

qualification through continuous assessment and some externally set assignments. This involves carrying out assignments, project work, case studies and practical based assessments in which you collect evidence of your competence until you have gained a Pass grade in all units and skills. If your work is outstanding you may be awarded an overall Merit or Distinction grade. It is imperative that all units are achieved on the programme in order to be awarded the qualification.

### **Fees and Financial Support:**

There are two types of loans to help students cover the costs of their higher education course in college: tuition fee loans and living cost loans (also called maintenance loans). You pay these loans back when you finish your course and earn over £25,000. If you earn less than that, you won't have to repay anything. If you're earning more than that, we'll work out your repayments at 9% of your income over that amount.

Maintenance loans are only available to students studying on a full-time basis. They are not available for students studying on a part-time basis. [For more details visit nscg.ac.uk/finance](http://nscg.ac.uk/finance)

### **Progression:**

The HNC is equivalent to the first year at university and is a recognised Level 4 qualification. On completion of the HNC, students may choose to progress onto a HND (Level 5) which is equivalent to the second year of a Bachelors degree. The HND course is offered subject to numbers and could be offered at either Newcastle or Stafford campuses.

Alternatively, you could progress into employment in roles such as sports coach, community development manager, health and well-being coach, fitness trainer and outdoor activities co-ordinator/manager.

### **What else do I need to know?**

The HNC course lasts for one year and is studied over two full days each week.

## **How do I find out more?**

Please contact course leader Steve Sumnal: 01782 254317 / [steve.sumnal@nscg.ac.uk](mailto:steve.sumnal@nscg.ac.uk)