



University of the
Highlands and Islands
Perth College

HNC Coaching and Developing Sport (Outdoors)

Upon graduation, you will have learned to plan, coach and evaluate outdoor activity sessions in a variety of settings. You will have knowledge and experience of differing coaching styles, approaches with various client groups, including children.

You will study the foundations and safe practices of outdoor activities to support you in understanding the outdoor sector. This understanding will lead you to thoughts regarding avenues and career choices you may wish to pursue once you have graduated with your HNC.



We encourage you throughout your time with us here at Perth College UHI to:

- Engage with national governing body opportunities
- Attend added value sports coaching awards
- Develop your coaching skills within the community.

Your practical activity sessions will take place within our new Perth College UHI Climbing Centre and at our water sports base - Willowgate Activity Centre here in Perth.

These activities can include:

Bouldering, Canoeing, Climbing, Kayaking, Mountaineering and Mountain Biking.



Areas you may study:

- Sports Coaching Theory and Practice
- Sports Coaching: an Introduction
- Work Experience
- Graded Unit 1
- Foundations of Outdoor Activities
- Safe Practice in Outdoor Activities
- Conduct and Ethics for Sport and Fitness practitioners
- Sports Development: an Introduction
- Principles of Fitness Training
- Research in Sport and Fitness an Introduction
- Anatomy Physiology and Energy Systems

Upon completion you may be eligible to progress to the BA (Hons) Outdoor Education and Learning degree.

For more information please contact:

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