

**NPA SPORT AND FITNESS:(TEAM SPORT SCQF LEVEL 5 FOOTBALL) S5 and S6 ONLY**

**What are the aims of this course?**

The aims of this course are to

- Develop, **deliver** and evaluate coaching sessions.
- Organise and officiate in a sporting activity tournament
- Participate and perform in sporting activity sessions

**What are the recommended entry levels for this course?**

A strong interest and active involvement in Sport and Fitness.

**What content is included in this course?**

**There are 3 sections to this course**

- Coaching Development
- Sporting Activity Participation and Performance
- Sports Officiating and Organising

**What skills will I develop?**

- Communication skills
- Observation skills
- Understand and respond to the needs of others.
- Control a sporting activity

**What learning and teaching approaches will I experience?**

This course is a practical based course. Knowledge and understanding will be developed through experiential learning situations, participation in a range of tournaments and practical performance.

**How will I be assessed?**

- Observation of coaching delivery sessions by PE staff
- Production of a log book
- Observation of practical performance
- Review of session plans

**What are the homework requirements?**

- Production of session plans
- Learning current rules and regulations so that you can officiate

**What are the possible progression routes?**

- Study Sport and Fitness at an introductory level at college.
- Employment in the Sport and Fitness Industry