

National Certificate in **Coaching Science**

* Admission Requirements: NQF 4 qualification

⌚ Duration: 12 Months

SAQA ID: 67695

⏏ NQF 5

🏆 120 Credits

Ⓡ Accredited: CATHSSETA

📶 On-Campus; Online



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Overview

The National Certificate in Coaching Science is designed to develop the knowledge, practical skills and professional competencies required to work effectively as a sport coach. The programme prepares graduates to plan, deliver and evaluate safe, effective and developmentally appropriate coaching programmes across a range of sport environments.

The qualification integrates coaching theory with practical application, developing graduates who are equipped to support athlete development, enhance performance and contribute positively to the sporting environment.

Learning outcomes

On achieving this qualification the learner will be able to:

- ▶ Respond to the unique demands of coaching in the South African sporting context.
- ▶ Design practice sessions that reflect an understanding of the interdependence of fitness and skill development and a sensitivity to the social, emotional and physical changes that occur as players develop from childhood through youth to adulthood.
- ▶ Apply an understanding of sport science in the implementation of developmentally appropriate sport programmes for beginning and intermediate level performers.
- ▶ Communicate effectively with players, colleagues, employers and parents/guardians.
- ▶ Facilitate a programme of prevention, care and management of sport injuries, with special reference to HIV Aids and the impact on player safety of current developments in the equipment and playing surfaces for his/her sport of specialization.
- ▶ Demonstrate administrative efficiency in implementing local sports programmes.
- ▶ Demonstrate a commitment to the principles of inclusion in all coaching practices, with special reference to girls/women, persons with disabilities, and other individuals from disadvantaged backgrounds.

Job Opportunities

- ▶ **Sport coach at schools**
- ▶ **Sport coach at clubs**
- ▶ **Sport coach at a private institution**

Accreditations

- ▶ CATHSSETA Provider Accreditation Number 613/R/000189/2011



Admission Requirements

- ▶ Grade 12 National Senior certificate (NQF 4)
- ▶ An appropriate NQF Level 4 qualification; or
- ▶ Admission through Recognition of Prior Learning (RPL), subject to the HFPA's RPL policy and assessment requirements.

Curriculum



SPORT COACHING PRINCIPLES:

Introduces the fundamental principles of effective sport coaching, including coaching roles, communication, session planning, athlete development and the application of appropriate coaching practices.



EXERCISE TRAINING PRINCIPLES:

Develops an understanding of exercise and training principles and their application to improving fitness, physical preparation and sport performance.



SPORT TEAM MANAGEMENT:

Explores the practical skills required to manage sport teams effectively, including leadership, communication, team organisation, athlete support and competition preparation.



HEALTH AND SAFETY:

Provides the knowledge and skills required to create safe sport environments, identify and manage risks, respond appropriately to injuries and emergencies, and promote participant wellbeing.



DIVERSITY AND EQUITY MANAGEMENT:

Develops awareness of diversity, equity and inclusion in sport and equips coaches to create respectful, accessible and inclusive coaching environments for diverse participants.



RESEARCH METHODS:

Introduces fundamental research skills that enable learners to find, evaluate and use information to support evidence-informed coaching practice and professional decision-making.



WORK INTEGRATED LEARNING:

Provides 300 hours of supervised practical experience in a sport coaching environment, enabling learners to apply their knowledge and coaching skills in authentic workplace settings and develop professional competence.



COACHING ELECTIVE:

Provides sport-specific knowledge and practical coaching skills. It includes the principles and techniques associated with the preparation and development of players



What we offer:



Practical learning



Job opportunity alerts on the HFPA Graduates group



Highly qualified and skilled lecturers

Bring Your Own Device (BYOD) Requirements

HFPA students require reliable access to a personal laptop or desktop computer and the internet to participate fully in their studies. The device is used to access the learning platform, communicate by email, attend online learning activities where applicable, complete assignments using applications such as Microsoft Word and Excel, and download or upload learning materials. The prescribed and recommended reading material is also found online. **Please refer to the Bring Your Own Device (BYOD) document in the About Us section of our website for more information.**



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