

# Sport Science - Specialising in Coaching Science

**Higher National Certificate /  
Higher National Diploma**

STUDY MODE  
Full time

LOCATION  
Moulton

LEVEL  
Level 4

START DATE  
Sept 2025

DURATION  
Two years



Delivered as part of our suite of higher education courses at the college and awarded by Pearson, this programme is designed to support you with progression into relevant areas of sports coaching, or onto degree level study.

This qualification allows you to take your first steps into higher education at HNC Level 4 in the first year, and HND Level 5 in the second year of study.

Throughout the course, you will study a variety of modules which focus on developing new skills through real life situations in order to prepare you for a successful career in sports coaching.

Upon completion you will be eligible to progress to the BSc (Hons) Sports Performance and Coaching top-up degree.

## What will I learn on the course?

This course provides a mix of practical and theory units and modules will be split evenly into two semesters.

### Year 1:

- Coaching Practice and Skills Development
- Community Coaching
- Lifestyle Coaching
- Fundamentals of Sport and Exercise Psychology
- Nutrition
- Training, Fitness, Testing
- Anatomy and Physiology
- Professional Skills

### Year 2:

- Advanced Coaching
- Talent Identification and Development

- Innovation in Coaching
- Performance Analysis
- Psychology for Performance
- Research Project
- Work Experience

You will also have the opportunity to develop your employability skills through taking part in additional qualifications such as NGB coaching qualifications, first aid certificates, officiating qualifications and much more...

## What will this course cost me?

For information about courses fees please refer to our [Fees and Financial Support](#) pages

## How will I be assessed?

Assessment on this course will be through a variety of methods including:

- Practical assessments
- Written coursework and workbooks
- Presentations
- Internally assessed exams

## Where can it lead to?

Following successful completion of this course, you will be able to progress to a Top-up degree in BSc (Hons) Sports Performance and Coaching.

Employment routes include sports development and/or coaching pathways such as sports coaches, community sports leaders and sports development officers in both professional and community level sport.

## What are the entry requirements for this course?

48 UCAS points equivalent of PPP for Level 3 Extended Diploma, or MP for Level 3 Diploma.

You will also need a grade 4 (C) in GCSE English and maths to enrol on this course.

### International Students

If you are an international student looking to study this course please contact our [Student Services team](#) to check the entry requirements for details on country specific entry requirements.

## Good to know

As part of your course you will be able to attain other qualifications such as Emergency First Aid, Defibrillation Training, Level 4 Massage, Fitness Instructing and Personal Training.

There will be an addition charge for these qualifications however this will be at a discounted rate.

Visit this course on our website: <https://www.moulton.ac.uk/courses/phcsc/sport-science-specialising-in-coaching-science-higher-national-certificate-higher-national-diploma-level-4>

For further information please contact the college: <https://www.moulton.ac.uk/contact>