



Ollscoil
Teicneolaíochta
an Atlantaigh

Atlantic
Technological
University



Faculty of
Business

Certificate **Sports Coaching**



The Certificate in Sports Coaching is designed for people who have a passion for coaching, whether individual or team sports, across a variety of domain-specific environments including participation, talent development or elite performance. Fundamentals of coaching science, pedagogy and professional practices in sports coaching are delivered through evidence-based and evidence-informed theory to the learning while also providing the opportunity to learn and apply the practical skills required to create a positive learning environment for individual athletes and/or teams.

Developing the knowledge of the students' coaching philosophy through their own coaching-based context and enhancing their coaching practice to optimise individual players/ athletes' learning is core to the programme.

Level	Credits	Duration	Study Mode	Delivery Method
7	30	1 Year	Part-Time	Blended

Key Features of the Programme

- Programme taught online with scheduled block day delivery for each module.
- All assessments on programmes are for a sports organisation that student works for/ volunteers with.
- Specialism of academic team teaching on programme – first hand experience working with teams.
- Students on the programme will be from a plethora of codes of sport. This will greatly contribute to peer learning.
- Schedule is designed such that participants can put into practice and reflect on learnings in the classroom.

Entry Requirements

Applications for this programme should be made on the direct entry application form.

5 O6/H7 in the Leaving Certificate, to include Mathematics (F2/O6/H7) and either Irish or English (O6/H7), OR QQIFET Level 5, OR equivalent qualification.

Candidates who do not meet the above entry requirements may be admitted to the programme on the grounds of mature years (over 23 by 1st January in the proposed year of entry). RPL will be considered in accordance with the Quality Assurance of ATU.



Who should apply?

Coaches of all codes of sports who are looking to further develop their skills and knowledge base.

Assessments

A variety of assessments will be used, but all assignment briefs will be directly aligned to a sports organisation that students work/volunteer for. There are no formal exams on this programme.

Course Delivery & Study Hours

This is a blended course with on campus attendance required three times over the duration of the programme. Per week students are expected to allow for 6 hours of study time.

Modules

- Sports Coaching Practice
- Coaching Behaviour
- Reflective Practice for Sports Coaches

Course Contact

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