

Community Coaching for England HTQ Higher National Certificate

Course Overview

This course is designed to equip students with the necessary skills, knowledge, and understanding to excel in community coaching, with a specific focus on achieving high performance in the UK coaching environment. It aims to provide a comprehensive insight into the various roles within sport and exercise science and community coaching, highlighting the importance of collaboration at all levels of practice. Throughout the programme, students will gain a deep understanding of the diversity that exists within culturally diverse organisations, and learn to navigate cross-cultural issues, diversity, and values in the coaching context. This awareness will be essential in fostering inclusive coaching practices that cater to a broad range of communities and individuals. The course also offers pathways for students to either enter or advance in employment within the field of community coaching or progress to higher education qualifications, such as an Honours degree in sport and exercise science or a related discipline. Students will have opportunities to develop the practical skills, techniques, and personal attributes that are crucial for success in professional environments, enhancing their employability in the process. Key contemporary issues facing the sport and exercise industry, as well as society as a whole, are addressed, with a particular emphasis on sustainability and environmental concerns. The course will also underscore the vital role that sport and exercise science plays in responding to these challenges, equipping students with the tools to contribute meaningfully to the sector's evolution. To further enhance career prospects, students will have the opportunity to achieve nationally-recognised professional qualifications within their chosen specialisation. Additionally, the course offers the possibility to earn vendor-accredited certifications that align with industry standards and requirements, further boosting career progression. Students will be encouraged to pursue career advancement in community coaching, with a focus on reaching management-level roles, obtaining professional recognition, and continuing to develop their expertise beyond initial qualifications. The course is designed to be flexible, meeting the diverse needs of local communities or specialist areas, ensuring that students can tailor their learning experience to their career aspirations. In addition to focusing on career development, the course strikes a balance between equipping students with essential employability skills and providing the in-depth knowledge required for those interested in entrepreneurial ventures, employment in the field, or further academic study. A key feature of the program is the opportunity to participate in an industry-recognised apprenticeship scheme, which will enable students to gain hands-on experience in the field while meeting both employer and personal career aspirations. By completing this course, students will be fully prepared to thrive in the evolving landscape of community coaching and sport and exercise science, with the knowledge, skills, and qualifications necessary for a successful and impactful career.

What you will learn

The Level 4 units lay the foundations of learning by providing a specialised introduction to coaching in the UK landscape and different coaching functions. This develops and strengthens core skills to enter employment with the qualities necessary for job roles that require some personal responsibility. Students will gain a wide range of coaching knowledge linked to practical skills gained through research, independent study, directed study and workplace scenarios. Students are involved in vocational activities that help them to develop behaviours (the attitudes and approaches required for a competence) and transferable skills. Transferable skills are those such as communication, teamwork, research and analysis, which are highly valued in higher education and the workplace. By the end of Level 4, students will have sound knowledge of the concepts of coaching in the UK. You will be competent in a range of subject-specific skills as well as general skills and qualities relevant to key areas in sport and exercise science. Units include subjects such as nutrition, fundamentals of sport and exercise psychology, anatomy and physiology, professional skills and coaching practice and skill development.

Not applicable

Entry Requirements

You will be required to have the following qualifications/ experience for this course ABTEC Level 3 qualification in sport or other related qualifications GCSE grades at A* to C (or equivalent) and/or 9 to 4 (or equivalent) in subjects such as maths and English An Access to Higher Education Diploma from an approved further education institution Relevant work experience, or an international equivalent to the above qualifications

How you will be assessed

You will be assessed through a variety of formative and summative assessments. Working closely with your tutors your assessments can range from an academic essay, practical assessment, to witness statements.

Course Progression

The Level 4 Higher National Certificate (HNC) provides a strong foundation for students pursuing careers in sport, exercise, and coaching. Upon completion, students have various pathways for academic and professional progression, enabling them to shape their careers according to their goals and interests. The HNC is also widely recognised by universities, allowing students to apply directly for related degree programs or to apply to other colleges who offer the HND. Graduates can progress to courses such as: • BA (Hons) Sport and Fitness Studies • BSc (Hons) Sport and Exercise Science • BSc (Hons) Sports Studies • BA (Hons) Sport Coaching • BSc (Hons) Sport Coaching • BA Sport Development with Coaching • BSc (Hons) Sport Coaching and Performance These degree programmes allow students to develop specialised skills in sport coaching, exercise science, and

Course Details

Course Code	P00716
Start Date	22/09/2025
Study Hours	Full Time
Duration	1 year
Campus	Abbey Park Campus
Level	4

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sport development, further advancing their academic qualifications. Beyond further education, students can immediately enter or progress within the workforce after completing the HNC. The course provides a strong base for pursuing careers in community coaching, fitness training, sports development, and sports management. For students already employed in the sector, the HNC enables them to enhance their current roles or move into higher-level positions. The skills and knowledge gained through the qualification make graduates competitive candidates for roles requiring a deep understanding of sport, exercise science, and coaching methodologies. The HNC also provides opportunities for students to engage with professional bodies within the sport and exercise sector. By joining these organisations, students gain access to valuable networking opportunities, industry insights, and professional recognition, which are crucial for long-term career development. Furthermore, the course encourages students to commit to continuing professional development (CPD). This ongoing learning ensures that graduates stay up-to-date with the latest trends, research, and best practices in the field, supporting their career progression in coaching, sports management, or related areas.

What Happens Next

Apply online via the College website application system. You will need details of your qualifications, a reference, and a personal statement to complete your application. Once your application has been successfully processed, you will be sent a conditional offer and be invited into interview.