

PERFORMANCE & EXCELLENCE RUGBY



This Extended Diploma has been designed to provide you with the opportunity to develop your own playing skills and performance, while studying for a recognised academic qualification. You will gain a valuable insight into coaching and training techniques for a range of rugby populations, from young children to elite professional players. You will also be given the tools needed to examine your own play and team play, ensuring you improve as a player throughout your time with us. You will be expected to contribute towards the cost of course kit.

Level: Level 3

Specific Course Entry Requirements:

College entry (please refer to the Entry Requirements section page 24 for further details).

Exam Board: EDEXCEL

What will I study?

You will study a broad range of units including:

Year 1

- Sport and exercise physiology for rugby performance
- Sport and exercise psychology for rugby performers
- Fitness testing for rugby
- Coaching for performance and fitness

Year 2

- Sports Massage for rugby players
- Assessment, prevention and treatment of rugby injuries
- Technology in rugby
- Nutrition for rugby performance

How will I be assessed?

60% coursework and 40% external assessment. External assessment will include the completion of two tasks under supervised conditions and two written exams.

Where will this course lead me?

On completion of this course you can progress to Higher Education. You may choose to use the qualification as a stepping stone to university, ultimately aiming to work within Teaching, Coaching or Sports Development, or find employment at junior management level in football, general leisure facilities, or within the sports retail sector.

What support will I receive?

In addition to the 15 hours per week subject time, students will be supported outside the curriculum via drop in sessions and support sessions.

What is the department like?

There are 2 members of staff in the department who contribute to the course. It is an approachable department with student's attainment at the heart of everything. The department boasts outstanding facilities and a tradition of excellent results.

Enrichment opportunities

We have a SportsMaker attached to the department whose role it is to offer sporting enrichment opportunities to students. We also have college representative teams in Football (girls/ boys), Netball, Rugby Union, Rugby League and Basketball.

Head of Department

Scott Rogers

Tutor

Peter Robertson





St John Rigby College

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St John Rigby College reserves the right to make changes including courses offered, course content and entry requirements at any time.

