BTEC Level 3 National in Sports Coaching & Development

Culture Vulture Recommendations

This is an exciting practical based course which provides an opportunity to explore the world of sports coaching and development of performers from grass roots to elite level. Below are some links to introductory activities. Try them out to get a taste of this new course at TRC.

Try the link below for a look at an elite coach in action from ‘The Coaching Manual’ on YouTube. What do you think? What is good? What don’t you like? What would you do differently?

https://www.youtube.com/watch?v=q1Kj5v1xDrU

Look at this brief clip describing the relationship between athletes and coaches then look at the list below of the skills needed to be a coach. Be honest, give yourself at score out of 10, for each skill. What will you do to try and improve? What do you think we can do at TRC to help?

https://www.youtube.com/watch?v=R2OjyEud76Y

1. Interest and enthusiasm for many sports?
2. Good communication skills, verbal and non-verbal?
3. Ability to motivate and build confidence?
4. Problem-solving ability?
5. Ability to keep going and show patience?
6. Organisation skills?
7. Ability to support your athletes?
8. Able to work with others?
9. Able to work with people of all ages?

Look at the webpage from the link below. Explore the opportunities for coaching young people abroad. If this is something you are interested in, we will give you the advice needed at TRC. Many of our sports teachers and former students have taken advantage of opportunities like these.

https://www.bunac.org/uk/volunteer-abroad/sports-coaching
Some of our students in the past have gone to the U.S on sports scholarships. Look at the clip below for a day in the life of a ‘soccer’ player at a top university.

https://www.youtube.com/watch?v=KzT9ug6a1gA

You will be investigating nutritional demands for optimum sports performance. Look at the article below where Olympic Swimming great, Michael Phelps, discusses his diet. Examine your diet, how does it compare? Look at the sports you are interested in, what diet should those performers follow?


As a coach, one of your roles will be improving the fitness of your athletes. On the course, you will learn about fitness training – read the information and try the quizzes below.

https://www.teachpe.com/training-fitness/training-methods

You will explore the importance of sports massage for sports performers and be able to undertake client assessments and carry out a sports massage treatment for a client. Watch the YouTube clip below of Soccer AM’s Jimmy Bullard having a look at what jobs the medical team are involved with at a football club.

https://www.youtube.com/watch?v=kJCSyFPZpg4

If this is something that interests you, have a look at the university requirements to study a Sports Therapy and Rehabilitation degree below.

https://www.leedstrinity.ac.uk/courses/undergraduate/sports-therapy-and-rehabilitation/

Finally, go to the BBC link below for information on how to start your journey into sports coaching. Check out the TRC website and Facebook pages for regular updates and answers to any questions you might have.

https://www.bbc.co.uk/sport/get-inspired/28088811