



Part time, 21/22

L1 Golf Performance

Level 1 | Certificate in Skills for Sport and Active Leisure

Course information (PDF generated at 29/11/2021 05:29:45 pm)
www.sgscol.ac.uk/study/academic-sport/l1-golf-performance

Summary

The Level 1 Certificate in Skills for Sport and Active Leisure is designed to provide you with the necessary skills, knowledge and understanding to develop your golf performance.

The programme explores a range of modules including:

- Taking part in exercise and fitness for golf
- Working in sport and active leisure and golf
- Anatomy and physiology for golf
- Planning a healthy diet for golf performance
- Planning own fitness programme
- Career planning
- Effects of Exercise on the Body
- Using and communicating golf data

The qualification is designed for golfers at any level, from beginners to advanced. You will develop an understanding of different training methods, how to improve performance, and the anatomy of a golfer. Learners will also use basic numeracy to assess and interpret data related to your performance.

The course has been designed to provide you with 2 hours of classroom taught delivery combined with 1 hour of professional golf coaching held in our indoor range and purpose-built putting green held here at WISE campus.

Entry Requirements

Enrol online



To be eligible to study this course you must meet the following entry requirements.

- You must be aged 19 or over as of 31/08/20
- You must have lived in the EU for the last three years
- You must currently reside in England
- You must have access to a home computer that can connect to the internet to access our online platform.

Additional Information

DEPARTMENT CONTACT

For more information about this course please email sport@sgscol.ac.uk.

COURSE FEES

Please be aware that some courses have fees that are payable on enrolment. More information on if this course has a fee can be found in the Availability section below.

If you require financial support including payment plans, bursaries and advanced learner loans please visit the [Money Management Service](#) section of the website.

For more information on fees please view our [Fees, Charges and Refunds Policy](#) and our [Applications, Admissions and Enrolment Policy and Procedures](#).

ONLINE ENROLMENT

This course offers simpler and safer online enrolment requests, which means in a matter of minutes you can submit an enrolment request to us. However please be aware that upon submitting your enrolment form you are not guaranteed to be accepted. A number of our courses require assessments, qualification checks or simply a conversation with you before we can confirm your enrolment.

Within 24 hours of enrolment submission you will receive an automated email notification with information on what happens next. Please add onlineservices@sgscol.ac.uk to your safe sender list. Most email providers allow you to do this within settings/options. For full instructions simply use your chosen search engine to find instructions on how to make emails as safe.