

Part time, 21/22

L1 Netball Fitness and Performance

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www.sgscol.ac.uk/study/academic-sport/l1-netball-fitness-and-performance

Summary

The Level 1 Certificate in Skills for Sport and Active Leisure - Netball Performance, is designed to provide you with the necessary skills, knowledge and understanding to develop your netball performance within your club setting.

The programme explores a range of modules including:

- Taking part in exercise & fitness for netball
- Working in sport and active leisure and netball
- Anatomy and physiology for netball skills
- Planning a healthy diet for netball activities
- Career planning
- Effects of Exercise on the Body
- Using and communicating netball data

The qualification is designed for netballers 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 netballer. You will also learn about netball specific nutrition and how to fuel your body for success. Learners will also use basic numeracy to assess and interpret data related to your performance.

The programme will be delivered for 2 hours each week with 10 FREE 1-hour online fitness sessions to develop your netball performance using our online delivery platform. Here, you will experience live bespoke training sessions that you will be able to participate in from your own home. Sessions are designed to expose you to new training methods and to push your netball on to the next level.

In addition, clubs will receive an equipment bundle worth £100 for 10 netballers completing the

Enrol online



course and £200 for 20 completing netballers.

If the course has left you with the desire to study further into the exciting world of sport and fitness, you could undertake the Level 2 Fitness Instructor course.

How will I learn?

With this course we have brought the classroom to you and created an interactive online learning environment. These sessions are never pre-recorded and like in a classroom you will have a teacher and other students interacting with you live on set teaching dates. Allowing you to ask questions and gain skills all without leaving your desk.

Our virtual learning courses brings the classroom to you. Courses are online, allowing you to study from anywhere however classes run live at scheduled times and dates. Giving you the full live classroom experience with other learners and our expert lecturers, all from the comfort of your home.

For more information on how you will learn please email sport@sgscol.ac.uk.

Entry Requirements

This course has no entry requirements however you must be 19 or over and will require access to a home computer that can connect to the internet to access our online learning platform. If you have any questions regarding entry requirements please email sport@sgscol.ac.uk.

Additional Information

With you every step of the way!

Get more from your online courses, let us help you succeed with bespoke packages led by our dedicated online support team:

- Occupational specialists and tutors just a click away to support you
- Expert digital team on hand to resolve IT issues
- Access to free online community for those suffering with adverse mental health, 24 hours a day
- Enjoy incredible discounts while you study with your NUS/Totum student card

New to online learning? Require additional support? Let us help you with each step you take.

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.