

# Bachelor of Science (Honours) Sports Coaching



This new, four-year, honours degree provides students (aspiring coaches) with advanced coaching techniques, styles, and education through a variety of sports e.g. team, individual and outdoor pursuit. Students will learn effective coaching techniques and gain a scientific understanding of anatomy, physiology, sport psychology, fundamentals of movement, talent development, and the ability to analyse and critique technique.

**Course Title**  
BSc (Honours)  
in Sports Coaching

**Degree Options**  
Level 8 (4 years)

**CAO Code**  
GA792

**Campus**  
Galway City,  
Dublin Road



Ollscoil  
Teicneolaíochta  
an Atlantaigh

Atlantic  
Technological  
University



[www.atu.ie](http://www.atu.ie)

### Why study Sports Coaching?

This course will suit individuals who are passionate about playing or coaching sport or want a career in the sporting or fitness industry. It is a practically applied coaching degree, working with different populations in diverse environments, providing students with a variety of sporting opportunities, where they can put theory into practice.

Students will have the opportunity to complete a number of coaching accreditations with National Governing Bodies of sport (NGBs) e.g. FAI, GAA, Athletics Ireland.

### Teaching Council

This course will provide students with the required theory and practical knowledge to meet the Teaching Council requirements for application to postgraduate programmes in Physical Education (PE).

### What to expect

You can expect a strong focus on practical learning, group work and projects. A range of placements take place throughout the programme.

### Modules include:

- Learning and Innovation Skills
- Introduction to Fundamental Motor Skills and Behaviour
- Sociology of Sport and Coaching
- Coaching Science/Education 1 - Athletics and Team Sports
- Introduction to Sport and Exercise Physiology and Anatomy
- Fundamentals of Sport and Exercise Science
- Micro Coaching
- Talent Development
- Performance Analysis for Coaches

See [www.atu.ie/gmit-sportscoaching](http://www.atu.ie/gmit-sportscoaching) for a full list of modules.

“This new undergraduate Sports Coaching degree will be a superb opportunity for aspiring coaches to learn, develop, and progress their knowledge and understanding of sports coaching, putting theory into practice.

The opportunities throughout this degree to practice applied knowledge through industry placements, working with peers and learning from different coaching experiences, will enable the student to gain experience in diverse environments with a variety of populations and sports. This practical experience will enhance their employment opportunities in a number of fields.

ATU is a supportive, friendly, and welcoming University. Joining ATU will not only enhance your sport coaching skills but also skills for everyday life.”

*Dr Lisa Ryan, Head of Department of Sport, Exercise and Nutrition, ATU Galway City*



## Entry Requirements

Entry will be via the CAO. The minimum Leaving Certificate entry requirement is a Grade O6/H7 or better in six Leaving Certificate subjects including English or Irish and Mathematics, two of which must be passed in higher level papers at Grade H5 or higher. For more information visit [www.atu.ie/gmit-entryrequirements](http://www.atu.ie/gmit-entryrequirements).



## High Performance Coach (Irish Rugby Football Union)

*“The continuous placement component from 2nd year onwards is a fantastic asset, it’s crucial that novice coaches get exposure to applied coaching practice from an early stage. In many cases, too many coaches have a theoretical understanding of the coaching process and not the applied knowledge/practice of coaching behaviour.”*

## National Training and Education Manager (IRFU)

*“I can see where this course would add to the employability of future coaches and present them with a wide variety of options in many NGB’s and sports organisations.”*

## PE Teacher and Academy Soccer Coach

*“There seems to be a good balance between sports coaching theory and performance/sports science/athletic development theory. Placement being a regular feature of the course is a good aspect of the course.”*

## Women in Sport Officer

*“What a course, this looks absolutely stellar I think this is what people are crying out for!! I think it looks like a fantastic blend of both practical work and academics, and it is evident that those involved will be equipped with the skills to practically lead their coaching with both confidence and competence.”*

## Sport Officer

*“I like that this course is giving the students an opportunity to professionally equip them to coach both Team and Individual sports. It is fantastic that placement 2 is Disability/Inclusivity as it will give students a chance to see if they wish to work as a Sports Inclusion Disability Officer.”*



## Employment Opportunities

There is significant demand both nationally and internationally for graduates in this field. Career opportunities include:

- Professional Coach
- Sports Coaches in Clubs
- Sports Development Officer
- Fitness Instructor/Personal Trainer
- Athlete Support Officer
- Health Promotion Specialist
- Physical Activity Development Manager/Researcher
- Coaching Development Officer
- Performance Analyst
- Lecturer in Higher Education
- Self-employment (as a consultant, contractor, or entrepreneur)
- GP Referral Exercise Consultant
- Strength and Conditioning Coach
- Teacher

## Further Study

Graduates will be eligible to pursue opportunities for further study e.g.

- MSc Physical Education (PME)
- MSc Strength and Conditioning
- MSc Sport Nutrition



**I want to know more.  
Who can I talk to?**

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Or find out more at [www.atu.ie/gmit-sportscoaching](http://www.atu.ie/gmit-sportscoaching)



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