



Rugby Academy

Is this course for me?

This course will appeal to those students who:

Show a keen interest towards elite level performance in Rugby Union.

Have an interest in fitness, health and athletic performance.

Enjoy learning how the body changes and adapts with various methods of training to enhance rugby performance.

Enjoy analysing, participating and observing physical performance.

Would like to develop leadership roles by undertaking Level 3 Sports Leadership Award.

Units of Study

Year 1 & 2

Students are to participate in both technical and tactical rugby sessions designed to enhance physical and cognitive performance. Students will follow a strength and conditioning gym programme which will meet the needs of each unique player and develop their positional play.

Students will also follow the Level 3 Sports Leaders UK Award where they will gain experiences in delivering and planning events to a diverse range of children. On completion of this award students will gain 30 UCAS points. The course will also allow students to gain qualifications in rugby coaching and officiating.

Entry Requirements

Students should display a keen interest into rugby and elite performance. They also be willing to develop leadership, coaching and officiating skills which can be linked to further sports studies.

What will this course prepare me for?

- ◆ Physical Education Training and Teaching
- ◆ Physiotherapy
- ◆ Armed Forces
- ◆ Sports Science Investigation
- ◆ Sports Coaching/officiating
- ◆ A range of university courses.