PROGRESS TO A CAREER IN

Sport

You could work in **Sport and Fitness, Sports Performance, Sports Science and Therapy**

Useful subjects to study in school

National Subjects (National 3, 4, 5 and Higher)

- Biology / Human Biology
- Dance
- Health and Food Technology
- People and Society
- Physical Education
- Practical Cookery
- Psychology
- Science

School/College Partnership Options

- SfW Sport and Recreation
- NPA Activity Tourism
- NPA Exercise and Fitness Leadership
- NPA Play in a Sports Environment
- NPA Sports Development

Leaving School with Qualifications at:

National 3, National 4, National 5
or
College course at **SCQF Levels 4 and 5**

or

Highers or
College course at **SCQF Level 6**

Progression Routes (There may also be other courses available in your local area)

Further Education - Access, NC, NQ and NPA (SCQF Levels 4, 5 and 6)
Access to Gym Instructing, Access to HN Fitness and Soft Tissue Therapy, Access to Integrative Healthcare and Sports Therapy, Activity Tourism, Adventure Sports and Fitness, (Female) Football Performance/Football Performance, Fitness, Health and Exercise, Outdoor Adventure/Pursuits, Outdoor Leadership, Personal Fitness Development, Personal Training, Rugby Performance, Sport and Fitness, Sports Coaching, Sports Leadership, Sports Performance, Sports Therapy

Workplace Learning - Modern Apprenticeships (SCQF Levels 5/6 and 6/7)
Active Leisure, Learning and Wellbeing

Workplace Learning - Modern Apprenticeships (SCQF Level 8)
Achieving Excellence in Sports Performance

Higher Education at College - HNC and HND (SCQF Levels 7 and 8)
Applied Sports Science, Fitness, Health and Exercise, Physical Activity and Health, Professional Golf, Sports Coaching and Development, Soft Tissue Therapy, Sports Therapy

University Degree – BA Hons, BSc Hons, MA Hons (SCQF Levels 9 and 10)
Adventure or Outdoor Education, Adventure Performance and Coaching, Environmental Geography and Outdoor Education, Exercise and Health Science, Fitness and Coaching, Golf Management, Outdoor Education and Learning, Physical Activity and Health, Physical Education, Physiology and Sports Science, Sport, Sport and Exercise Science, Sport and Fitness, Sport and Physical Activity, Sport Coaching, Sport Development, Sport Management, Sports Therapy and Rehabilitation

Your Personal Qualities

You are Confident, Enthusiastic, Observant, Outdoor Enthusiast, Patient, Respectful, Sociable

You're interested in Fitness and Health, Playing Sport

Your Core Skills are Adaptability, Communication, Leadership, Numeracy, Organisation, Proactivity, Resilience, Teamwork

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