

# 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

## 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

## 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