

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

**Practical Cookery** 

People and Society

**Physical Education** 

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

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



Adaptability, Communication, Leadership, Numeracy, Organisation, Proactivity, Resilience, Teamwork





