

## Entry to Sport, Fitness and Physical Activity (Level 5)

West College Scotland

### Venues

Clydebank Campus  
Greenock (Finnart Street) Campus  
Paisley Campus

### Content

This course will help you gain basic skills, knowledge and qualifications relating to a career in the sport/fitness, physical activity, care and wellbeing economies. It will also provide you with opportunities to learn and develop confidence and resilience in your leadership, coaching, employability, performance, and meta skills. You will study and learn about the benefits of physical activity, active health, personal wellbeing, personal training and fitness instruction.

The course is the entry to point to a journey that will change your life in a way that will enable you, to use sport, fitness and physical activity as a way of changing the lives of others.

### Start Date

August

### Qualification

Other

### Study Method

Full time

### Course Length

1 year

### Department

Sport and Fitness

### Entry Requirements

Relevant subjects at National 4 or 5.

### SCQF Level

5

### SCQF Points

«SCQFPoints»

## Progression Routes

Advanced Sport, Fitness and Physical Activity (Level 6)

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Renfrew Road  
Paisley  
Renfrewshire  
PA3 4DR

## Website

[www.westcollegescotland.ac.uk](http://www.westcollegescotland.ac.uk)