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»

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