Sport and Fitness (Higher) (Level 6)

New College Lanarkshire

Venues

Broadwood Campus
Motherwell Campus

Content

This course offers an excellent progression route from Level 5 Sport and Fitness to HNC Coaching or HNC Fitness programmes. You'll build confidence in teamwork and leadership through a variety of practical activities and placements, including opportunities to work with Active Schools.

Taught by experienced sport and fitness professionals, the course combines hands-on practical sessions, engaging lectures, and collaborative group work. You'll also gain valuable industry-recognised qualifications, including several National Governing Body (NGB) awards and an accredited First Aid certificate.

As a student, you'll enjoy free membership to all North Lanarkshire Leisure Centres, giving you access to excellent facilities to support your own training and development.

The programme includes study of Human Physiology, Nutrition, Health and Wellbeing, a National Progression Award in Exercise and Fitness Leadership at level 6, work experience and units to develop your coaching practice.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sports and Physical Activity

Entry Requirements

3 subjects at National 5 preferably including English. Higher Physical Education would be an advantage; or NQ Sport and Fitness (Level 5); or other relevant national qualifications at SCQF Level 5. Interview.

You would require a satisfactory PVG (Protecting Vulnerable Groups) check to show you are suitable for this type of course. Contact Disclosure Scotland for details.

SCQF Level

6

SCQF Points

«SCQFPoints»

Progression Routes

HNC in Coaching and Developing Sport or HNC Fitness Health and Exercise or HNC Fitness, Health and Exercise with Football

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

Town Centre
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North Lanarkshire
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Website

www.nclanarkshire.ac.uk