

## Higher Sport and Fitness

New College Lanarkshire

### Venues

Broadwood Campus  
Motherwell Campus

### Content

This course will develop your coaching capabilities and enhance your fitness knowledge through a blend of sport and fitness-related units. It can be an ideal progression route from Sport and Fitness at Level 5 to HNC Coaching or HNC Fitness programmes.

You will apply teamwork and leadership skills in a variety of practical situations and develop your own participation and performance skills.

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

Sport 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, or other relevant national qualifications at SCQF Level 5.

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

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Town Centre  
Cumbernauld  
North Lanarkshire  
G67 1HU

## Website

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