Sport and Fitness (Level 5)

New College Lanarkshire

Venues

Broadwood Campus
Motherwell Campus

Content

This dynamic and popular course will develop the communication, teamwork and leadership skills needed for success at work in today's leisure industry. The range of practical and theory units and opportunities for governing body awards will develop coaching skills in sport and fitness activities.

You'll learn skills and gain knowledge from the following areas:

Human Physiology; Nutrition; Health and Wellbeing; Contemporary Fitness and Exercise Training Methods; Teamwork; Leadership; Volunteering opportunities; Sporting Activities, e.g. Badminton, Handball, Volleyball, Basketball or Football.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sports and Physical Activity

Entry Requirements

National 5 English and Physical Education; or relevant national qualifications at SCQF Level 5. Interview may be required. Personal Statement is required.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

SCQF Level

5

SCQF Points

«SCQFPoints»

Progression Routes

NQ Higher Sport and Fitness

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

Town Centre
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Website

www.nclanarkshire.ac.uk