

## 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  
Cumbernauld  
North Lanarkshire  
G67 1HU

## Website

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