

## Access to Sport and Fitness (Level 4)

New College Lanarkshire

### Venues

Motherwell Campus

### Content

This exciting course offers a balance of theory and practical units to improve knowledge and develop personal performance in sport and fitness activities. The sport and fitness staff at Motherwell Campus bring a wealth of practical and academic expertise from the leisure industry to ensure successful progression and access to opportunities for volunteering and governing body awards.

There are opportunities to coach, develop a knowledge of Anatomy and Physiology, gain an understanding of health, safety, personal well-being and develop essential Core Skills required for today's workplace.

Close links with Scottish National Governing Bodies for sport add value to this exciting and fun course.

### Start Date

August

### Qualification

Other

### Study Method

Full time

### Course Length

1 year

### Department

Sport and Physical Activity

### Entry Requirements

No formal entry requirements. A good level of fitness 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

4

## SCQF Points

«SCQFPoints»

## Progression Routes

NQ Sport and Fitness or NQ Football Performance

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Town Centre  
Cumbernauld  
North Lanarkshire  
G67 1HU

## Website

www.nclanarkshire.ac.uk