

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
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Website

www.nclanarkshire.ac.uk