

## Sport and Fitness (Level 5)

Moray College UHI

### Venues

Main campus  
Virtual Learning Environment (VLE)

### Content

Contemporary Fitness and Exercise Training Methods; Developing Leadership within Physical Activities; Human Anatomy, Physiology and Physical Activities; Nutrition, Health and Wellbeing; Teamwork through Sport and Recreation Activities; Communication; Information and Communication Technology.

Option units include:

Sport and Recreation: An Introduction; Residential; Sporting Activity, Participation and Performance: Indoor Football; Sporting Activity, Participation and Performance: Basketball; Sports Officiating and Organising - Association Football; Preparing to Work; Fitness Project; PE Performance; Sporting Activity - Participation and Performance: Tennis; In-house Tournament.

### Start Date

August

### Qualification

College Cert

### Study Method

Full time

### Course Length

1 year

### Department

Health and Wellbeing

### Entry Requirements

2 subjects at National 4 including Physical Education; or a relevant national qualification at SCQF level 4.

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

## Progression Routes

Sport and Fitness (Level 6)

## Address

Moray Street  
Elgin  
Moray  
IV30 1JJ

## Website

[www.moray.uhi.ac.uk](http://www.moray.uhi.ac.uk)