

## Sport and Active Leisure

Forth Valley College

### Venues

Falkirk Campus

### Content

This is a vocational based course, which provides the student with the opportunity to operate within a live working sports and fitness environment, whilst also studying relevant units with leisure facility operations. This is an ideal course for candidates who wish to get a first step into leisure/sports facility management and combine their studies with practical work experience. Please note, there will be a requirement for candidates to work across all of Forth Valley College's campus gyms in Falkirk, Stirling and Alloa as part of their work experience.

All learners will be expected to purchase materials required for course study including practical activity clothing and books.

Content:

Customer care; Leisure equipment maintenance; Health and safety in sporting environment; Dealing with accidents and emergencies; Activity preparation and planning; Body conditioning; First aid; Core skills; Nutrition, Health and Wellbeing; Circuit Training; Resistance Training

### Start Date

August

### Qualification

SVQ

### Study Method

Full time

### Award Title

at SCQF Level 4

### Course Length

1 year

### Department

Sport

### Entry Requirements

2 subjects at National 4, English and Physical Education preferred. Interview and group based practical assessment.

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

Sport and Active Leisure: Operational Services at SCQF Level 5

### Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

### Address

Grangemouth Road  
Falkirk  
FK2 9AD

### Website

www.forthvalley.ac.uk