Health, Fitness and Sports Performance - BASE Mountain Biking (Level 6)

Borders College

Venues

Galashiels/Scottish Borders Campus

Content

Borders Academy of Sporting Excellence Mountain Biking Ride. Learn. Train. Perform.

Ready to take your mountain biking skills and your future to the next level?
Our full time courses combine cutting edge health, fitness, sports science, and coaching with elite mountain biking training, giving you the ultimate platform to succeed both on the trails and in your career.

At Borders College, you will gain a dynamic blend of practical and theory based skills in sports performance, health, fitness, and coaching. This knowledge will prepare you for further study or a career in the thriving sport and fitness industry. At the same time, you'll develop the strength, conditioning, and technical ability to enhance your performance and dominate the trails.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

36 weeks

Department

Sports and Exercise

Entry Requirements

4 subjects at National 5, preferably including English and Physical Education or a science subject. Interview and practical test.

This programme is designed to develop the competitive abilities of an athlete and it is expected that applicants will already be competing and performing under race conditions.

SCQF Level

6

SCQF Points

«SCQFPoints»

Progression Routes

HNC Coaching and Developing Sport

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

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Website

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