

## Mountain Biking

Borders College

### Venues

Scottish Borders Campus

### Content

Borders Academy of Sport Excellence (BASE) supports sports performers to develop their individual skills and sports performance alongside their academic studies.

The course has some common element with other level 6 Sport and Fitness courses but is built around a National Progression Award (NPA) in Achieving Excellence in Sport, covering: Analysis of performance; Behaviours of elite Athletes; and Performance improvement programmes.

It is a full time course, with up to 3 days per week in college that will include specialised strength & conditioning sessions and 2 days expert MTB tuition through Dirt School at the world class facilities of Glentress/Innerleithen.

You will achieve NPA Achieving Excellence in Sport and NPA in Exercise and Fitness Leadership (SCQF Level 6) upon completing the course.

### Start Date

August

### Qualification

Other

### Study Method

Full time

### Course Length

36 weeks

### Department

Sports and Exercise

### Entry Requirements

2 subjects at National 5, preferably English and Physical Education. Interview. Practical assessment.

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»

## Address

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## Website

[www.borderscollege.ac.uk](http://www.borderscollege.ac.uk)