

Sport and Fitness (Level 6)

UHI Perth

Venues

Main Campus

Content

This course will allow learners to apply their current knowledge of current philosophies of sport and fitness in a practical context, as well as facilitating knowledge at a higher level of study.

Common core subjects include:

Basic sports coaching techniques; Human physiology in the development of performance; Planning personal fitness; Individual performance in sport - analysis and evaluation; Healthy eating; Individual sporting performance.

You will also complete an NPA in Sports Development which includes Investigate Activity Development Opportunities and Activity and Participation Opportunities (placement).

Start Date

September

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sports, Adventure and Tourism

Entry Requirements

5 subjects at National 5 including English. Interview. You should show active involvement in sport and fitness activities.

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

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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Website

www.perth.uhi.ac.uk/