

Advanced Sports and Fitness (Level 6)

Ayrshire College

Venues

Ayr Campus
Kilmarnock Campus

Content

This course is a blend of theory and hands-on experience designed to pave the way for you to move onto an HNC. In just a short time, you may find yourself prepared for exciting roles across the sport and fitness industry for example in personal training, sports coaching or sports science.

Content includes:

human physiology; personal fitness planning; cardiovascular training; nutrition; and leadership and sports coaching.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

18 weeks

Department

Sport and Fitness

Entry Requirements

1 Higher plus subjects at National 5; or Sport and Fitness (Level 5); or other relevant national qualifications at SCQF Level 5.

SCQF Level

6

SCQF Points

«SCQFPoints»

Progression Routes

Progression on to relevant HNC/HND such as HNC Coaching and Developing Sport, or employment.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Dam Park
Ayr
KA8 0EU

Website

www1.ayrshire.ac.uk