

Adventure Performance and Coaching

West Highland College UHI

Venues

Fort William Campus
Virtual Learning Environment (VLE)

Content

BA (Hons) Adventure Performance and Coaching brings a unique focus on sports science to the domain of adventure coaching. You will combine the skills and knowledge of the applied sports scientist with those of a modern adventure professional in ever-changing outdoor environments, preparing you to coach and guide the next generation of adventure athletes and participants who demand greater outcomes in their adventure sport.

Be part of a rapidly evolving sector, where the demand for healthy active lifestyles has brought about a drive for greater achievements in adventure sports and for the life-enhancing benefits of participation. With over 21 Olympic adventure sports disciplines, adventure sports performance and competition is a global phenomenon, and participants are demanding higher outcomes in their chosen areas, informed by expert coaches and leaders.

This programme will provide you with an in-depth knowledge and understanding of the key elements of sports science, while teaching you to apply them to the outdoor and adventure environment – all underpinned by a growing and deepening understanding of the meaning of ‘adventure’.

Start Date

September

Qualification

Degree

Study Method

Full time

Award Title

BA Hons

UCAS Code

N875

Course Length

4 years

Department

Business and Leisure

Entry Requirements

3 Highers at C or above. You will also be expected to be able to demonstrate an interest in, and a commitment to practical outdoor activities, and preferably have an interest in a professional career in the outdoor sector. Personal practical outdoor experience is an advantage.

You would require a satisfactory PVG (Protecting Vulnerable Groups) check to show you are suitable for this type of course. Contact Disclosure Scotland for details.

SCQF Level

10

Address

Carmichael Way
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Website

www.whc.uhi.ac.uk