

# Introduction to Sport and Fitness

Forth Valley College

## Venues

Falkirk Campus

## Content

Working within the Sport & Fitness Industry can be a rewarding career choice. This course provides candidates with an Introduction into exploring key elements of study within the Sport and Fitness Sector. Whilst studying on the course you will develop and prepare skills that can provide you with a starting point to progressing onto higher level study with Sport & Fitness at Forth Valley College.

Content:

Core Skills; Nutrition, Health and Wellbeing; Teamwork through Sport and Recreation Activities; Sports Exercise and Fitness: Resistance training; Exercise and Fitness: Circuit Training; First Aid for Sport and Fitness.

## Start Date

August

## Qualification

NQ

## Study Method

Full time

## Course Length

1 year

## Department

Sport

## Entry Requirements

2 subjects at National 4 including English, or relevant national qualifications at SCQF Level 4. Interview.

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

5

## SCQF Points

«SCQFPoints»

## Progression Routes

NQ Pathway to Sports Coaching (Level 6) or NQ Pathway to Fitness, Health and Exercise (Level 6)

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Grangemouth Road  
Falkirk  
FK2 9AD

## Website

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