

## Advanced Certificate: Sport and Fitness (Fitness)

Fife College

### Venues

Kirkcaldy (St Brycedale) Campus

### Content

This course is tailored for individuals passionate about sports, coaching, and fitness, aiming to forge a career in the fitness industry. It offers essential knowledge and skills for progression to HN Fitness, Health, and Exercise, covering practical and theoretical units in fitness industry practices, nutrition, exercise psychology, and sports conditioning.

You will study:

Planning Personal Fitness Exercise and Fitness; Circuits; Exercise and Fitness: CV Training; Exercise and Fitness: Fixed Weights; Exercise and Fitness: Free Weights; Nutrition and Health Research; Behaviour change; Sports Mechanics; Sporting Activity Volleyball; National Progression Award in Exercise and Fitness Leadership.

### Start Date

August

### Qualification

Other

### Study Method

Full time

### Course Length

1 year

### Department

Sport and Fitness

### Entry Requirements

4 subjects at National 5; or relevant national qualifications at SCQF Level 5.

You may 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

6

## SCQF Points

«SCQFPoints»

## Progression Routes

Relevant HNC/D

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Pittsburgh Road  
Dunfermline  
KY11 8DY

## Website

www.fife.ac.uk