

Advanced Certificate Sport and Fitness: Fitness

Fife College

Venues

Kirkcaldy (St Brycedale) Campus

Content

This course will prepare you to access Higher National level courses or entry level employment within the sport and fitness industry.

The units are delivered mainly at Higher level and include both sport and fitness topics, thereby providing you with a pathway on to HNC: Coaching and Development of Sport or HNC: Fitness, Health and Exercise.

Through the academic year, you will have the opportunity to specialise in either fitness or coaching related units.

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. 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

6

SCQF Points

«SCQFPoints»

Progression Routes

Relevant HNC

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Pittsburgh Road
Dunfermline
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Website

www.fife.ac.uk