Intermediate Certificate: Sport and Fitness (Level 5)

Fife College

Venues

Dunfermline City Campus
Kirkcaldy Campus

Content

This course is for those passionate about sports and fitness, offering foundational skills for careers in coaching, exercise, and health. It prepares students for further advancement in the field with the option to pursue an Advanced Certificate in Sport and Fitness.

Subjects Include:
Developing leadership within physical activities; Human anatomy and physiology; Nutrition, health and wellbeing; Teamwork through sport and recreation activities; Current exercise trends; Sporting activities: Team and Individual.

Core Skills, Work Ready Skills and Employability Skills will be developed on this course.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

4 subjects at National 4 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

Advanced Certificate: Sport and Fitness

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

Calaiswood Crescent
Dunfermline
KY11 8SJ

Website

www.fife.ac.uk