

Introduction to Sports and Fitness

Ayrshire College

Venues

Skills Centre of Excellence

Content

This course gives you a good introduction to sport and fitness. It's an excellent first step to developing the knowledge and skills you'll need in preparing for employment or higher level study.

You'll spend most of your time in our fitness suites and sports facilities, both indoor and outdoor. Motivation and participation is essential, and you'll work alongside your peers, gaining confidence and developing leadership skills.

Subjects include: Sports Activities; Circuit Training; Resistance Training; Developing Leadership within Physical Activities; Teamwork through Sport and Recreation.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sports and Social Science

Entry Requirements

Relevant national qualifications at SCQF Level 3 or 4. Entry is subject to an interview.

SCQF Level

4/5

Progression Routes

Relevant course at SCQF Levels 5 to 7 or employment.

Address

Dam Park
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Website

www1.ayrshire.ac.uk