

## Introduction to Sport and Fitness

Edinburgh College

### Venues

Granton Campus

### Content

This is a practical based entry-level course designed to equip you for further study or employment. It will help you to develop knowledge and skills in sport and fitness and provide a general understanding of the work environment in the sport and fitness industry. Ideal for those in the early stages of finding an appropriate career path. If you are returning to education this course may allow you to return to study without the pressure to achieve at a level that may be too ambitious for you.

What you will learn:

You will participate in a range of practical activities across sport, fitness and outdoor pursuits which will help improve your personal fitness, confidence and team working skills.

The course will develop skills in three main areas;

Fitness; Sport and Outdoor Pursuits; and, Health and Wellbeing.

This course will focus on personal skills and aims to develop self-confidence, social relationships and knowledge within the industry.

### Start Date

August

### Qualification

Other

### Study Method

Full time

### Course Length

21 weeks

### Department

Sport and Fitness

## Entry Requirements

No formal entry requirements. Experience in assisting or volunteering in a sports environment would be an advantage.  
Interview and practical test.

## SCQF Level

4

## SCQF Points

«SCQFPoints»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

«Address»

## Website

www.edinburghcollege.ac.uk