

## Introduction to Sport and Fitness (Level 4)

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.

Course includes:

You will learn about the dynamic and innovative sport and fitness industry as well as explore your own personal fitness. Lessons will be based on how to plan activity sessions and an understanding of what a “Healthy Lifestyle” means. You will participate in a range of sports and be introduced to Outdoor Pursuit activities and a basic understanding of how the bodyworks.

### Start Date

August

### Qualification

Other

### Study Method

Full time

### Course Length

1 year

### 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

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

«Address»

## Website

[www.edinburghcollege.ac.uk](http://www.edinburghcollege.ac.uk)