

## Sport and Fitness (Level 5)

UHI Inverness

### Venues

Inverness Campus

### Content

The sport and fitness market continues to expand and this course will provide with a general introduction to the sport and leisure industries and to fitness, health and exercise. This is a nationally recognised SQA programme, where you will gain a National Certificate in Sport and Fitness.

The course is a combination of practical and theory. You will develop essential skills for working in the leisure and fitness industry, including team work, leadership and fitness trends. You'll build confidence and knowledge in various practical subjects such as basketball, football, rugby and athletics, and discover the underpinning knowledge around subjects including nutrition, anatomy and physiology.

### Start Date

August

### Qualification

Other

### Study Method

Full time

### Course Length

1 year

### Department

Sports, Adventure and Tourism

### Entry Requirements

3 subjects at National 4 preferred. Involvement with a sports club is desirable. You may be asked to attend an interview.

### SCQF Level

5

### Progression Routes

«ProgressionRoutes»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

1 Inverness Campus  
Inverness  
Highland  
IV2 5NA

## Website

[www.inverness.uhi.ac.uk](http://www.inverness.uhi.ac.uk)