

Sport and Fitness

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

Business, Leisure 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

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