

Sports and Fitness (Level 5)

Ayrshire College

Venues

Ayr Campus
Kilmarnock Campus
Kilwinning Campus

Content

The Level 5 Sport and Fitness course is your stepping stone to a dynamic career in the thriving sports and fitness industry. In just a few months, you may gain practical skills and theoretical knowledge that open doors to the sport and fitness industry including more advanced study routes and various employment roles. Explore the possibilities and consider joining us on this exciting journey into the world of sports and fitness.

Content includes:

fitness training; personal plans; nutrition; sports skills; and team building.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

18 weeks

Department

Sport and Fitness

Entry Requirements

2 subjects at National 5

SCQF Level

5

SCQF Points

«SCQFPoints»

Progression Routes

Relevant course at SCQF Levels 6 to 7 or employment.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Dam Park
Ayr
KA8 0EU

Website

www1.ayrshire.ac.uk