

Advanced Certificate: Sport and Fitness (Sports Coaching)

Fife College

Venues

Kirkcaldy (St Brycedale) Campus

Content

Transform your passion for sport, coaching and fitness into a rewarding career supporting and motivating others to develop and realise their potential. This course will prepare you to access Higher National level courses or entry level employment within the sport and fitness industry. The units are delivered mainly at Higher level, (SCQF level 6) and include both sport and fitness topics, providing you with a pathway on to HNC Coaching and Development of Sport or HNC Fitness, Health and Exercise.

You will study:

Exercise and fitness: fixed weight training; Exercise and fitness: free weight training; Nutrition and health; Human physiology in the development of performance; Research skills; Sports mechanics: an introduction; First Aid; Sporting activities: Team and Individual; Core Skills, Work Ready Skills and Employability Skills will be developed on this course

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

4 subjects at National 5; or relevant national qualifications at SCQF Level 5. Interview.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

SCQF Level

6

SCQF Points

«SCQFPoints»

Progression Routes

Relevant HNC

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Pittsburgh Road
Dunfermline
KY11 8DY

Website

www.fife.ac.uk