# Advanced Certificate: Sport and Fitness (Sports Coaching) (Level 6)

Fife College

## Venues

Kirkcaldy Campus

## Content

This course channels passion for sports, coaching, and fitness into career opportunities. It readies students for Higher National courses or entry-level jobs in the sports and fitness sector, focusing on SCQF level 6 topics. It serves as a pathway to HNC Coaching and Development of Sport or HNC Fitness, Health, and Exercise.

You will study:
Sporting activities: Team and individual (Basketball, Rugby, Athletics, Volleyball); Basic sports coaching; Sports coaching: Knowing yourself and others; Fitness testing; Exercise and fitness: Free weight training; NPA in Sports Development (Activity development opportunities and opportunities in the community); Research skills.

## 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

Calaiswood Crescent
Dunfermline
KY11 8SJ

## Website

www.fife.ac.uk