

## Sport and Fitness

Moray College UHI

### Venues

Main campus  
Virtual Learning Environment (VLE)

### Content

Year 1 - Cert HE:

Human structure and function; Professional skills for sport and fitness; Mechanics of human movement; Principles of sport and exercise psychology; Practical exercise instruction; Introduction to sports coaching and leadership.

Year 2 - DipHE

Core modules: Introduction to research methods; Sport and exercise physiology; Nutrition for performance and health; Movement analysis.

Optional modules: Physical activity and health; Applied coaching and leadership; Work placement 1 – team working and communication; Principles of sport and exercise psychology.

Year 3 - BSc

Core modules: Research methods (sport); The professional practitioner – ethics, policy and practice.

You will also choose one further module from the following: Design, manage and evaluate human fitness and physical performance; Work placement: industry-specific skills.

Plus three option modules which may include: Applied sport and exercise psychology; Sport and exercise science: a critical analysis; Sport nutrition and dietary considerations; Strength and conditioning; Analysing physical activity, lifestyle and adherence.

Year 4 - BSc (Hons)

2 modules from: Advanced applications of coaching and instruction; Delivering physical activities and sport; development programmes.

2 optional modules from: Physical activity for all; Sports and exercise psychology; Sports and exercise rehabilitation; Legal issues in sport and fitness; Small business planning. You must also complete a dissertation.

### Start Date

September, January

### Qualification

Degree

### Study Method

Part time (day)

## Award Title

BSc Hons

## Course Length

8 years

## Department

Business, Leisure and Tourism

## Entry Requirements

3 Highers at BBC or above. Relevant HNC may give you entry to year 2. You will be required to attend an 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

10

## Address

Moray Street  
Elgin  
Moray  
IV30 1JJ

## Website

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