Introduction to Sport Coaching, Fitness and Exercise (Level 4/5)

North East Scotland College

Venues

Aberdeen City Campus
Fraserburgh Campus

Content

This course will help you develop introductory skills relevant to the sport and leisure industry in order to start a career in this field. It is designed to offer progression towards further academic study or entry-level employment.

Delivered through a combination of both theory and practical classes, you will gain a basic understanding of the different systems of the body, learn how to plan gym sessions and develop your coaching skills.

You will also enhance essential skills that are valued by employers and higher education, such as problem solving, teamwork and communication.

You will learn:
Introduction to Health Exercise and Nutrition; Basics of Anatomy; Personal Health and wellbeing; Preparation for Work; Participating in a variety of Sports; Introduction to Sports Coaching & Exercise

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport, Fitness and Uniformed Services

Entry Requirements

No formal entry requirements. Entry subject to interview.

SCQF Level

4/5

SCQF Points

«SCQFPoints»

Progression Routes

Sport Coaching, Fitness & Exercise - Advanced (SCQF Level 5/6)

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

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