

## 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

## Progression Routes

«ProgressionRoutes»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Gallowgate Centre  
Gallowgate  
Aberdeen  
Aberdeen City  
AB25 1BN

## Website

www.nescol.ac.uk