

Sport Coaching, Fitness and Exercise (Level 5/6)

North East Scotland College

Venues

Aberdeen City Campus
Fraserburgh Campus

Content

The course includes both Level 2 Gym Instructor and Emergency First Aid at Work qualifications. It is designed to allow you to develop your knowledge and skill set within the sport and fitness industry.

You will learn:

Working in a team through sport participation; Coaching and instructing a variety of sports and exercise sessions; Conducting client consultations and gym inductions; Supporting client health and well-being; Instructing and supervising gym-based exercise programme; Applied anatomy and physiology for exercise; Strength and conditioning; Volunteering within the sport and fitness industry.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport, Fitness and Uniformed Services

Entry Requirements

3 subjects at National 5 including English and Physical Education; or Introduction to Sport Coaching, Fitness and Exercise (Level 4/5)

SCQF Level

5/6

SCQF Points

«SCQFPoints»

Progression Routes

Relevant HND

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Gallowgate Centre
Gallowgate
Aberdeen
Aberdeen City
AB25 1BN

Website

www.nescol.ac.uk