

Sport and Physical Activity (NCFE) Certificate Level 3

North East Scotland College

Venues

Aberdeen City Campus

Content

This is a one-year, full-time course that enhances the skills and knowledge of those wishing to start a career in Sport and Exercise Science.

This course will provide and enhance your skills and knowledge in many areas including nutrition, exercise, healthy lifestyles, fitness testing, psychology, research, sports participation and coaching.

It will also provide the necessary skills and knowledge required for beginning development towards employment and further education.

Exercise, Health and Lifestyle; Principles of Anatomy and Physiology; Preparing for a Career in Sport and Physical Activity; Sport and Fitness Related Nutrition; Coaching and Instructing a variety of Sports

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport, Fitness and Uniformed Services

Entry Requirements

2 subjects at National 5 at A-C, preferably including English; or Sport, Exercise or Fitness (NCFE) Certificate Level 2

SCQF Level

5/6

Address

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Website

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