Advanced Sport, Fitness and Physical Activity (Level 6)

West College Scotland

Venues

Clydebank Campus
Paisley Campus

Content

The course will provide opportunities and experiences that will allow you to study, learn, and gain further qualifications relating to the role of coach, personal trainer, fitness instructor. It will also develop your academic skills to support your progress to HNC levels.

The course is the next step in a journey that will change your life in a way that will enable you, to use sport, fitness and physical activity as a way of changing the lives of others.

You will be learning and studying:
Performance in sports and physical activities; Personal Trainer and Fitness Training; Sports Coaching; Leadership and Communication; Health and Wellbeing Leadership; Anatomy and Physiology; Diet and Nutrition; First Aid; Digital Technologies.

You will develop employability and meta skills through:

Practical course activities; Work Experience with Active Schools; Work Experience in Gyms; Networking with our partners; Progress and performance reviews; Interviews; Self-branding.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

3 subjects at National 5 including English; or Entry to Sport, Fitness and Physical Activity (Level 5)

SCQF Level

6

SCQF Points

«SCQFPoints»

Progression Routes

Relevant HNC

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

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Website

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