

Sports Performance (Level 5)

West Lothian College

Content

This course is suitable for individuals who want to start a career in sports coaching. Theory and practical units will be covered across various sports which include: Football, Basketball and Badminton.

This course includes:

Recreational association Football; Teamwork through Sport; Developing leadership within physical activities; Human anatomy and physical activities; Sporting activity: Basketball; Nutrition, Health and Wellbeing.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

3 subjects at National 4 including English. Interview. Written and fitness test.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

SCQF Level

5

SCQF Points

«SCQFPoints»

Progression Routes

NQ Sports Performance (Level 6)

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Almondvale Crescent
Livingston
West Lothian
EH54 7EP

Website

www.west-lothian.ac.uk