

Sports Performance (Level 6)

West Lothian College

Content

This course is suitable for individuals who wish to pursue a career in sports coaching. The course is a combination of practical based units across a range of sports and theory which supports different elements of coaching.

This course includes:

Formal association Football; Teamwork through Sport; Sporting activity: Badminton; Nutrition; Provide play sessions in a sport environment; Human physiology in the Development of Performance.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

3 subjects at National 5 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

6

SCQF Points

«SCQFPoints»

Progression Routes

HNC Fitness, Health and Exercise and HNC Coaching and Developing Sport courses at West Lothian College. Various roles within sports coaching and health and fitness.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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