

## Sport and Fitness (Level 5)

Forth Valley College

### Venues

Falkirk Campus

### Content

This course aims to provide a foundation in the practical and theoretical aspects of sport and fitness related studies and will equip the learner with the knowledge to make an informed decision on their future career path. Progression to further study would be on to a higher level sport or fitness related course.

Content:

Sporting Activity Participation and Performance; Sports Coaching Development; Core Skills; Teamwork through Sport and Recreation Activities; Contemporary Fitness and Exercise Training Methods; Developing Leadership within Physical Activities; Human Anatomy, Physiology and Physical Activities; Nutrition, Health and Wellbeing.

### Start Date

August

### Qualification

NQ

### Study Method

Full time

### Course Length

1 year

### Department

Sport

### Entry Requirements

3 subjects at National 4 including English or Physical Education; or relevant national qualifications at SCQF Level 4. Interview.

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 Pathway to Sports Coaching (Level 6) or NQ Pathway to Fitness, Health and Exercise (Level 6)

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Grangemouth Road  
Falkirk  
FK2 9AD

## Website

[www.forthvalley.ac.uk](http://www.forthvalley.ac.uk)