Sport and Fitness (Level 5)

West Lothian College

Content

This course is suitable for individuals who wish to begin pursuing a career in sports coaching or within the fitness industry.

The course includes a range of units that will develop your practical skills and understanding of key concepts including:

Sporting Activity Participation and Performance (Various sports); Teamwork through Sport and Recreation Activities; Developing Leadership within Physical Activity; Resistance and Circuit Training.

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»

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