

Advanced Sport and Fitness (Level 6)

Ayrshire College

Venues

Ayr Campus
Kilmarnock Campus
Kilwinning Campus

Content

Your course will incorporate units at SCQF Level 6 and 7 in order to ensure a smooth progression towards higher level sport and fitness units/qualifications. If you're into sport and fitness and are thinking about a future career in the sport, fitness or exercise industry, this course can help you on your way.

Start on your sport and fitness journey, where theory meets practice. Here's a idea of what you may explore:

Human physiology: uncover the intricacies of how the body functions; Personal fitness planning: craft your personalised fitness regimen; Cardiovascular training: master the art of endurance; Nutrition: learn to fuel your body right; Leadership and Sports Coaching: develop your leadership and coaching skills in your chosen area.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

17 weeks

Department

Sport and Fitness

Entry Requirements

1 Higher preferred plus subjects at National 5, or Sport and Fitness (Level 5), or other relevant national qualifications at SCQF Level 5.

SCQF Level

6

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Dam Park
Ayr
KA8 0EU

Website

www1.ayrshire.ac.uk