

Introduction to Sport and Fitness (Level 4)

Ayrshire College

Venues

Kilmarnock Campus

Content

Course Content:

Sports Activities: Get hands-on with football, badminton, and more; Circuit Training: Full-body workout, here you come; Resistance Training: Learn the push and pull of muscle training; and, Contemporary Fitness: Learn how to work with HIIT.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

18 weeks

Department

Sport and Fitness

Entry Requirements

No formal entry requirements

SCQF Level

4

SCQF Points

«SCQFPoints»

Progression Routes

Complete Introduction to Sport and Fitness, and you may have the opportunity to move onto higher level courses or go straight into jobs like sports coaching or leisure centre roles.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Dam Park
Ayr
KA8 0EU

Website

www1.ayrshire.ac.uk