

## Pathway to Sport and Fitness (Level 4)

Forth Valley College

### Venues

Falkirk Campus

### Content

This course aims to provide an introduction to 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 by assisting and reviewing other coaches.

Progression to further study would be on to a higher level sport or fitness related course.

Content:

Sports; Uniformed and emergency services: Health safety, fitness and well being; Prepare for the delivery of coaching activities; Conduct and review the delivery of coaching activities; Assist with sporting events; Body Conditioning; First Aid; Core Skills; Assist with activity sessions; Circuit Training; Resistance Training.

### Start Date

August

### Qualification

NQ

### Study Method

Full time

### Course Length

1 year

### Department

Sport

### Entry Requirements

2 subjects at National 4, preferably English and Physical Education; 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

4

## SCQF Points

«SCQFPoints»

## Progression Routes

NQ Sport and Fitness (Level 5)

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Grangemouth Road  
Falkirk  
FK2 9AD

## Website

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