

Physical Activity and Health (BASE Mountain Bike)

Borders College

Venues

Galashiels/Scottish Borders Campus

Content

Ready to take your mountain biking skills and your future to the next level?

Our full time courses combine cutting edge health, fitness, sports science, and coaching with elite mountain biking training, giving you the ultimate platform to succeed both on the trails and in your career.

At Borders College, you'll gain a dynamic blend of practical and theory based skills in sports performance, health, fitness, and coaching. This knowledge will prepare you for further study or a career in the thriving sport and fitness industry. At the same time, you'll develop the strength, conditioning, and technical ability to enhance your performance and dominate the trails.

This course is designed for individuals passionate about promoting wellbeing and active lifestyles, this course combines practical skills with theoretical knowledge to help you support others in achieving their health and fitness goals. You'll explore exercise science, nutrition, and health promotion while learning to design and deliver tailored physical activity programs.

Jointly certificated with SportScotland and CIMSPA, this course provides a strong foundation for a rewarding career in the growing health and wellbeing sector.

Qualification

HNC

Study Method

Full time

Course Length

36 weeks

Department

Sports and Exercise

Entry Requirements

2 relevant Highers, or relevant national qualifications at SCQF Level 6. 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

7

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

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The Scottish Borders
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Website

www.borderscollege.ac.uk