Sport and Fitness

Open University in Scotland

Content

Ready to take your sport and fitness journey to the next level? This diploma will help put you on track for a career in fitness training, sports coaching or similar roles. It will develop work-related and academic skills to enhance your knowledge and understanding of the key topics, including psychology, training, coaching and leadership. You'll apply your learning to practice, focusing on meeting participants' physical and psychological needs. By the end of the course, you'll be a more effective, reflective practitioner, and you'll be well on the way to a degree.

Start Date

October

Qualification

DipHE

Study Method

Online learning

Course Length

Flexible

Faculty

General

Department

Education, Childhood, Youth and Sport

Entry Requirements

There are no formal entry requirements to study this qualification. You do not need experience of working in the sector prior to starting the diploma. But you'll find the modules and the assignments much easier and more fulfilling if you can draw on employment experience (paid or unpaid) in the sector during your study.

Computer and internet access required.

SCQF Level

8

SCQF Points

«SCQFPoints»

Progression Routes

On successful completion of the required courses you will be awarded a Diploma of Higher Education in Sport, Fitness and Health.

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

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Website

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