Sport, Fitness and Coaching

Open University in Scotland

Content

Passionate about sport and fitness? Want to make a real difference to people's lives? Gain the skills to inspire, motivate and lead through our popular online Sport, Fitness and Coaching degree. Explore the science behind how our bodies and brains work - from the importance of good nutrition to the role of psychology in sport and exercise. Whether you dream of coaching elite athletes or inspiring the next generation, you'll learn what it takes to be an effective practitioner. You'll put theory into practice, applying what you learn to real life so that you're ready for your next career step.

Start Date

October

Qualification

Degree

Study Method

Online learning

Award Title

BSc Hons

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 this degree. 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

10

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

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