

# National 4 SfW Sport and Recreation (Course Code: C219 74)

SCQF Level 4 (24 Credit Points)

# Why study SfW Sport and Recreation?

Interest in sport in Scotland is growing. Some jobs are seasonal – skiing or work in holiday centres, for instance, and do not offer permanent employment. Leisure facilities offer a fairly steady source of jobs.

This course will give you the opportunity to find out more about the Sport and Recreation industry and the practical tasks involved in being a sports centre worker.

Sport and Recreation offers good opportunities for those who enjoy:

- physical exercise
- competitive sport
- · working with the public.

#### **Career Pathways**

To see what career areas this subject could lead to and the routes to get there, download and view these career pathways:

**Sport** 

**Uniformed and Security Services** 

## What do I need to get in?

Entry is at the discretion of the school or college.

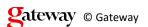
## What will I study?

The course is made up of five compulsory units, three taking 40 hours each and two taking 20 hours:

- Skills for Employment (40 hours) (6 SCQF credit points)
- Assist with Activity Sessions (40 hours) (6 SCQF credit points)
- Dealing with Facilities and Equipment (40 hours) (6 SCQF credit points)
- Dealing with Accidents and Emergencies (20 hours) (3 SCQF credit points)
- Personal Fitness (20 hours) (3 SCQF credit points)

#### You will learn about

- planning, setting up and delivering activity sessions
- setting up, taking down and checking equipment
- helping to plan and review a personal physical training programme, setting short- and long-term goals





- dealing effectively with customers
- health and safety legislation
- helping with accident and emergency procedures.

#### Where will I take the course?

You will usually train at a local college. Training sessions will take place for a set number of hours and weeks during term time. You will have to wear appropriate sports clothing and footwear on the course.

### Work experience/placements

You may be able to arrange a related work experience placement by speaking to your pastoral care or guidance teacher in school.

### How will I be assessed?

Assessment will be based on a range of practical activities in real or simulated workplace settings. Tutors will observe and keep records of your work.

### **Study Materials**

# What can I go on to next?

### **Employment/Training**

• A Modern Apprenticeship leading to a Scottish Vocational Qualification (SVQ) at SCQF Level 5/6 in Active Leisure, Learning and Wellbeing.

### **Further/Higher Education**

• A one year full time NC or NQ in a sport subject such as Sport and Recreation, Sport and Fitness or Sport Studies at a local college of further education.

You may be able to progress to:

National 5 SfW Sport and Recreation

Further study, training or employment in:

- Sport
- Uniformed and Security Services

