

National 5 SfW Sport and Recreation (Course Code: C219 75)

SCQF Level 5 (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, however you would be expected to have achieved:

National 4 SfW Sport and Recreation

What will I study?

The course is made up of four compulsory units, one taking 60 hours, two taking 40 hours, and one taking 20 hours:

- Assist with Activity Sessions (60 hours) (9 SCQF credit points)
- Employment Opportunities in the Sport and Recreation Industry (20 hours) (3 SCQF credit points)
- Assist with Fitness Programming (40 hours) (6 SCQF credit points)
- Assist with Daily Centre Duties (40 hours) (6 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
- career opportunities and pathways in the industry.

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

Work experience in a real or simulated environment is a key component of this course. You should be able to arrange a 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?

You may be able to progress to:

Employment/Training

 A Modern Apprenticeship leading to a Scottish Vocational Qualification (SVQ) at SCQF Level 5/6 or 6/7 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.

Further study, training or employment in:

- Sport
- Uniformed and Security Services

