

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. There are about 40,000 people employed in the various aspects of sport and leisure. As the number of sports centres continues to increase, there are more jobs in coaching and sports management. 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](#)

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)
- Employment Opportunities in the Sport and Recreation Industry (40 hours)
- Assist with Fitness Programming (40 hours)
- Assist with Daily Centre Duties (20 hours)

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 in Sport, Recreation and Allied Occupations.

Further/Higher Education

- A one year full time National Certificate (NC) or National Qualification (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:

- Hospitality, Leisure and Tourism
- Sport