

## Level 5 NQ INTRODUCTION TO SPORT, FITNESS & OUTDOOR EDUCATION

### **Entry Requirements**

A minimum of three National 4 Qualifications along with a genuine interest in sport and fitness is expected. All candidates will participate in a recruitment process.

### **Description**

Kick start your career in Sport, Fitness and/or the Outdoor Education sector with this introductory level course. The specific aims of this course is to develop basic practical skills in varied sporting activities along with the underpinning theory knowledge required while developing essential and employability skills. This course will provide you with basic knowledge to continue further study or enter employment within the sports industry.

### **Course Content**

Course topics include: - Fitness & Leadership in a variety sporting activities - Human Anatomy & Physiology - Nutrition, Health & Wellbeing - Teamwork - First Aid - Communication

### **Duration**

Jan 17 till June 17  
Full Time - 2.5 Days per Week

### **Progression**

NC level 5, NC level 6, HNC/D in a variety of specialised areas such as:

Games & Sports,

Football Studies

Fitness Health & Exercise

Outdoor Education.