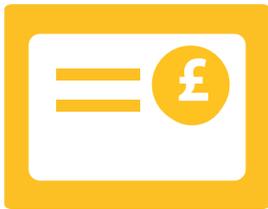


# SPORT, FITNESS AND MARITIME



An increase in health awareness and the importance of preventative healthcare to tackle obesity is leading to a rising demand for a range of health and sports services, including outdoor activities, private gyms and health clubs, workplace fitness facilities, mass events such as fun runs and cycling.

Argyll College UHI is a registered RYA Training Centre



**£30M**

Contributed to the West Coast economy by overnight maritime visits each year.



**2000 FTE**

Maritime jobs in the West of Scotland

**6,076**

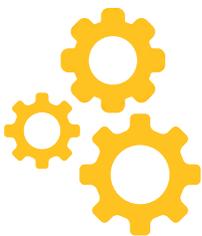


Employed as coaches, instructors and sports officials in Scotland



UK average salary  
**£28,600**

**Growth areas include:**



**+4.2%**

6 year job forecast



Marine  
Tourism



Adventure  
Tourism



**2018**

## No. of credits

18

## SCQF

Level: 5

## Locations

Campbeltown, Dunoon, Helensburgh, Islay, Lochgilphead, Oban, Rothesay

## What next

HNC Fitness, health and exercise SVQ in Sports Coaching.

**This course will provide you with a basic introduction to the field of sport and fitness and will help you gain the knowledge and practical skills which you'll need to be successful in the sport and fitness industry. It will build your knowledge and skills in sport and fitness e.g. personal fitness, how to deal with accidents and emergencies and how to plan activity sessions.**

Course subjects will include:

Human Anatomy, Physiology and Physical Activity; Nutrition, Health and Wellbeing; Developing Leadership with Physical Activities; and you will receive an Introduction to contemporary fitness and exercise training methods

You will be asked to work with your fellow students so that you gain confidence in leadership and volunteering activities.

## Study and

### Assessment Methods

You will learn by way of face-to-face lectures and tutorials combined with practical classes in a sports facility. Each unit of the course is assessed through coursework and observation by the tutors. Some of the assessments may be carried out under supervision and time restrictions, but there is no final examination for the overall course.

Due to the work placement / working with young people aspects of this course students will have basic disclosure checks carried out

## Entry Requirements

Two National 4s or above (or equivalent) to include PE or satisfactory attainment of an SCQF Level 4 course.

Students who do not have Standard Grade PE may be invited to attend a practical assessment.

## Career Options

Activity leadership or instructing exercise and fitness, perhaps leading to a modern apprenticeship



# SPORT AND FITNESS – NC OUTDOOR ADVENTURE SPORTS



## **No. of credits**

18

## **SCQF**

Level: 5

## **Locations**

Oban

## **What next**

HNC Fitness, Health  
and Exercise

This course will provide you with a basic introduction to the field of sport and fitness in an outdoor context as well as developing your skills in planning, implementing, evaluating outdoor activities such as climbing, kayaking and mountain biking.

Your practical study may include leading and organising sports such as canoeing, hill walking, climbing and orienteering as well as participating and performing in these sports. You may be asked to participate in a residential trip.

## **Study and Assessment Methods**

You will learn by way of face-to-face lectures and tutorials combined with practical classes in an outdoor setting. Each unit of the course is assessed through coursework and observation by the tutors. Some of the assessments may be carried out under supervision and time restrictions, but there is no final examination for the overall course.

Due to the work placement / working with young people aspects of this course students will have Basic Disclosure checks carried out.

## **Entry Requirements**

Two National 4s or above (or equivalent) to include PE or satisfactory attainment of an SCQF Level 4 course.

You should demonstrate active involvement in outdoor activities.

## **Career Options**

Activity centre attendant, outdoor sports development assistant.

# FITNESS, HEALTH & EXERCISE HNC / HND

## No. of credits

15

## SCQF

Levels: 7 and 8

## Locations

Dunoon, Helensburgh,  
Lochgilphead, Oban,  
Rothesay

## What next

HND Fitness, Health  
and Exercise

**These courses will give you the appropriate skills and training to work in a range of roles within the health and fitness industry.**

You will study principles and programming; fitness testing and assessment; first aid; sports injury; leadership and personal effectiveness; anatomy and exercise physiology; and nutrition, diet and weight control and learn about working safely and effectively with clients.

The HND will focus specifically on increasing your knowledge of the interdisciplinary nature of fitness and health, and will allow you to develop an understanding of the need to involve participants fully in their own fitness and health development.

## Study and

### Assessment Methods

You may study full or part time. You will learn through a combination of classroom based tutorials and practical sessions at



a local fitness centre. A variety of open and closed book assessment types are used throughout the course units

### Entry Requirements

Two Scottish Highers at grade C or above or two A levels at grade D or above. Alternatively, a relevant sports related National Progression Award at SCQF level 5 or above.

Prospective students without the standard entry requirements are encouraged to apply and will be considered on an individual basis. You may be required to attend an interview.

For HND entry, successful completion of the HNC is required.

Successful applicants will be required to complete a PVG Disclosure Check.

### Career Options

Fitness instructor, exercise teacher, gym supervisor in a leisure centre, gym, or health club. On completion of the HND you will be eligible to apply to enter the Register of Exercise Professionals (REP) at Level 3 better preparing you for employment in the industry.



Designed to provide you with the opportunity to develop practical proficiency, knowledge and understanding in maritime skills, this course will give you an insight into the workings of many of the maritime industries – including commercial sea fishing, the Royal Navy, the Merchant Navy, Maritime Search and Rescue, leisure sailing, commercial sea fishing, aquaculture, port and harbour industries – through a combination of theoretical shore based studies and practical activities afloat.

Combining SQA Maritime Skills units, RYA practical and theory certificates and STCW mandatory certificates, the course will offer students the opportunity to actively move towards employment within this diverse industry.

## Study and Assessment Methods

You will learn by way of face-to-face lectures and tutorials combined with practical classes in an outdoor setting. Each unit of the course is assessed through coursework and observation by the tutors. Some of the assessments may be carried out under supervision and time restrictions.

Powerboat assessments are carried out on the College RIB by an RYA approved instructor / assessor.

This short, full-time course will generally run over a period of 20 weeks, check local centres for start dates.

## Entry Requirements

No specific entry requirements. Entry will be by interview.

You should have a keen interest in the maritime industry.

## Career Options:

Commercial sea fishing, the Royal Navy, the Merchant Navy, Maritime Search and Rescue, marine leisure / sailing, commercial sea fishing, aquaculture, ports and harbour industries.

## No. of credits

11

## SCQF

Level: 5

## Locations

Lochgilphead, Helensburgh, Oban

## What next

Certificate in Maritime Studies: Able Seafarer National Certificate (NC) in Shipping and Maritime Operations at SCQF level 6 with other UHI partner institutions.

