

sport

and fitness 2014/15



always the
right course

Contents

SVQ Level 2 Exercise & Fitness Instructors Course...	2
SVQ Level 2 Sports Activity Leadership (East Lothian)	2
SVQ Level 2 Sports Activity Leadership (Edinburgh)	3
SVQ Level 2 Sports Activity Leadership (Fitness)	3
Exercise and Fitness Instructors Course CYQ Level 2	4
Gym Instructor Level 2 CYQ	4
BTEC Level 2 First Diploma in Sport	6
NQ Exercise and Fitness	6
NC Sport and Fitness	7
BTEC Level 3, 90 Credit Diploma in Sport	7
Army Career Preparation Course	8
Access to Outdoor Pursuits Employment	8
HNC Fitness Health and Exercise	10
HNC Soft Tissue Therapy ..	10
HND Coaching and Developing Sport	12
HND Fitness Health and Exercise	12

Sport and Fitness

Welcome to Sport and Fitness at Edinburgh College

Whether you're looking to build a career in fitness, health and exercise, or sports coaching, we're proud to welcome you to the variety of sport and fitness courses on offer at Edinburgh College. By choosing one of our programmes, you'll be equipped with the first-class leadership, communication, and teamwork skills you need to succeed in this rapidly growing, multi-million pound industry. We offer courses from NC to degree level, allowing you to develop in line with your academic ability and level of fitness. This includes dedicated courses at a high performance level, covering sports such as rugby, football, badminton and taekwondo, which could provide you with the opportunity to train professionally. We also provide the chance to participate in sporting events through Scottish Student Sport - you may even qualify for a variety of competitions in conjunction with National Squads Selection. We have three superb sport and fitness centres at our Granton, Milton road and Sighthill campuses. These include modern, fully-equipped facilities with a range of equipment that promotes all aspects of fitness. What's

more, our two multi-function sports halls will provide you with excellent games and training facilities, while a comprehensive outdoor sports facility is available at Marine Drive near our Granton campus. In addition, at our Milton Road campus The Club offers you a state-of-the art fitness centre and spa. This is a functioning business open to the general public. Not only is this the perfect place for dedicated skills practice, it's a great way to put your training into practice by gaining real-life experience in a commercial gym.

To support you, we offer clear progression routes from both within the college and beyond with our courses. Whether you're looking to go on to further sport and fitness education at university, or on to direct employment, you'll be well prepared. Our qualified sport and fitness staff are on hand to provide you with expert knowledge and support throughout your studies. Many of them are experienced professionals within their sport or disciplines; many are operating at the top of their chosen field, either working as coaches with sports

teams, personal trainers, or as specialist consultants in exercise and fitness in Scotland and beyond. This support pays off, with students progressing on to Higher Education, direct employment or small business start-ups. There's a truly diverse range of opportunities, with roles such as sports coach, sport therapist, personal trainer, or gym instructor. Practical experience is a key focus of our programmes - vital preparation for your employment in the industry.

Thanks to our new partnership with City of Edinburgh Council Active Schools, we're able to offer a range of work and voluntary experiences. These links with the local community, schools and businesses also mean there's the potential to gain additional awards and experience, enhancing your prospects even further.

Now you've seen some of the many great reasons to study sport and fitness at Edinburgh College, the following guide will help you choose the right course for you.



SVQ Level 2 Exercise & Fitness Instructors Course

Campus: Milton Road

Mode of Attendance: Full-Time

What is this course about?

This course will enable you to gain industry-specific exercise and fitness skills. It's designed to equip you with the qualities you need to work in the fitness industry.

You'll be based in a professional working environment and will demonstrate what you have learnt through practical, work-based assessments.

How do I get a place?

Minimum 2 passes at SCQF Level 4

What will I learn?

- Promote Health, Safety and Welfare in Active Leisure and Recreation
- Work with Clients to Help Them Adhere to Exercise and Recreation
- Reflect on and Develop Own Practice in Providing Exercise and Physical Activity
- Plan and Prepare Gym-based Exercise
- Instruct and Supervise Gym-based Exercise

What can I do next?

Employment in fitness facilities as an instructor, leisure attendant or in a similar post within either private health clubs or local authority leisure centres.

SVQ Level 2 Sports Activity Leadership (East Lothian)

Campus: Granton

Mode of Attendance: Full-Time

What is this course about?

This course is ideal if you're looking to follow a career in sports coaching or access a job in the leisure industry.

It will allow you to develop the knowledge and practical skills you need to lead sports activities, spending three days a week at Meadowmill Sports Centre, East Lothian, and one day in the workplace putting your practical leadership skills into practice.

Course assessment will include written tests, group exercises, and practical exercises.

Assessment is continuous throughout this course, and you'll put together practical and written evidence of the skills you learn in the form of a portfolio.

How do I get a place?

- You should have an active interest in sport
- Good communication skills
- You must also have an interest in working with children
- You must be physically fit and show an enthusiasm for all activities

What will I learn?

- HSE First Aid Bronze
- Survive and Save
- Medallion/Life Support 1
- Resistance and Fitness Training
- Leading Sport and Physical Activities
- Sport Officiating
- Child Protection
- Games and Sports – volleyball, rugby, hockey, football, basketball, badminton, mini tennis, hockey and handball
- Leaders Award
- Practical Coaching
- Human Physiology
- Work Experience

What can I do next?

- BTEC 3 or Exercise and Fitness Instructors CYQ Level 2
- Successful completion of this course will lead to a variety of job opportunities including activity leadership in sport and recreation, leisure assistant, assistant coach, life guard or after school club leader

SVQ Level 2 Sports Activity Leadership (Edinburgh)

Campus: Granton

Mode of Attendance: Day release

What is this course about?

This course is ideal if you want to follow a career in sports coaching or work in the leisure industry.

This course allows you to develop the knowledge and practical skills you require to lead sports activities. Each week you'll spend three days in college and two half days in the workplace - putting your leadership skills into practice.

How do I get a place?

- Minimum of 2 passes at SCQF Level 4
- You should have an interest in sport and working with children
- You should be an enthusiastic individual with an active sports background
- Good communication skills
- You should be physically fit

What will I learn?

- Leading Sport and Physical Activities
- Sport Officiating
- Child Protection
- Games and Sports – volleyball, rugby, hockey, football, basketball, badminton, mini tennis
- HSE Emergency First Aid
- Life Support 1
- Survive and Save
- Hockey Leaders
- Handball Leaders
- Level 2 Award in Community Sports Leadership
- Resistance Training
- Personal Wellbeing and Exercise
- Coaching Experience
- Human Physiology
- Core Skills in Literacy, Numeracy and ICT

What can I do next?

- BTEC 3 or Exercise and Fitness Instructors CYQ Level 2
- A variety of job opportunities including activity leadership in sport and recreation, leisure assistant, assistant coach, lifeguard or after school club leader

SVQ Level 2 Sports Activity Leadership (Fitness)

Campus: Granton

Mode of Attendance: Full-Time

What is this course about?

This course allows you to develop the practical skills and knowledge for a range of fitness techniques and activities appropriate to the fitness and recreation industry. You'll study a wide range of units, from Personal Well-being and Exercise, to Resistance and Fitness Training.

You'll also develop practical skills to lead fitness activities through participating in a coaching placement, as well as gaining work experience one day a week, working in local primary schools - valuable practical experience in the industry.

How do I get a place?

- An enthusiastic individual with an active interest in fitness
- An interest in working with children
- Communication skills
- Physically fit

What will I learn?

- Personal Well-being and Exercise
- Survive and Save
- Life Support 1
- Dance Leaders
- Exercise to Music
- Study Skills
- Human Physiology
- Resistance and Fitness Training
- Communication 3 or 4
- Practical Coaching
- First Aid

What can I do next?

- BTEC 3 or Exercise and Fitness Instructors CYQ Level 2
- A variety of job opportunities in the health and fitness industry, for example assistant fitness coach, leisure assistant, lifeguard or after school club leader

Exercise and Fitness Instructors Course CYQ Level 2

Campus: Granton

Mode of Attendance: Full-Time

What is this course about?

This course is designed to prepare you for employment in the exercise and fitness industry. You'll gain nationally recognised qualifications in gym instructing, exercise to music and circuit training.

The course encourages you to develop the practical skills you need by delivering to your peer group and partners, becoming an instructor in the above fields. You'll learn about anatomy, physiology and nutrition to support the above skills too.

Whilst on the course there's also the opportunity to sit a Lifeguarding Qualification & First Aid Qualification to enhance your skillset even further.

You'll be well prepared for employment, as well as ready to progress onto the HND Health Fitness and Exercise.

How do I get a place?

- 1 Higher or successful completion of minimum of 2 passes at SQCF Level 5
- Experience of working in the Health and Fitness Industry

What will I learn?

- CYQ Level 2 Certificate in Fitness Instructing (Gym-Based Exercise)
- Certificate in Fitness Instructing (Exercise to Music)
- Anatomy and Physiology Level 2 Award in Circuit Training
- Royal Lifesaving Society Survive and Save or National Pool Lifeguard Qualification (NPLQ)
- Optional Level 2 Award in Group Indoor Cycle
- HSE First Aid at Work approved award

What can I do next?

- Progress onto HND Health Fitness & Exercise
- Direct entry to employment

Gym Instructor Level 2 CYQ

Campus: Granton, Sighthill

Mode of Attendance: Part-Time

What is this course about?

This course is designed to gain a nationally recognised qualification in Gym Instructing and will prepare you for employment in the industry or possible progression onto the CYQ Personal Trainer Level 3. This course will also allow you to apply for accreditation on REPS (Register of Exercise Professionals) level 2.

How do I get a place?

- A minimum of two passes at SCQF Level 5
- Regular participation in health and fitness activities
- Experience of working in the health and fitness industry would be an advantage

What will I learn?

A basic knowledge and understanding of how to safely deliver gym based exercise sessions.

What can I do next?

- Direct entry to employment
- Progression onto Level 3 Personal Trainer or other health and fitness courses





BTEC Level 2 First Diploma in Sport

Campus: Granton, Sighthill
Mode of Attendance: Full-Time

What is this course about?

This course has been designed to provide you with an engaging and stimulating introduction to the world of sport. It will give you the opportunity to develop the communication skills needed for working in the sports sector.

The qualification is built around core units to provide you with a fundamental knowledge and understanding of sports principles linking both theoretical and practical elements, along with the broader aspects of sport and leisure.

How do I get a place?

Candidates would ideally have standard grades at level 3 or above in a minimum of three subjects, PE and English would be an advantage. Appropriate experience would be advantageous, either from placements undertaken at school or other involvement in the industry. For this course you will be interviewed, and expected to demonstrate a knowledge of and active participation in Exercise and Fitness. A PVG Check will be carried out on all applicants.

What will I learn?

A broad base of knowledge and skills in the sport and active leisure industry through practical subjects supported with theoretical study. It will help you understand the body's physiological systems, and how they are influenced by exercise, how to assess risks in sporting situations and develop your own practical skills and techniques in structured sessions. You'll be able to plan and carry out a fitness training programme and explore the psychological and lifestyle factors that affect performers. Opportunities will be presented to achieve vocational awards in a variety of sport and fitness activities.

What can I do next?

- BTEC National Diplomas at level 3
- NQ Exercise and Fitness
- Exercise and Fitness Instructors Course CYQ Level 2

NQ Exercise and Fitness

Campus: Granton, Milton Road
Mode of Attendance: Full-Time

What is this course about?

If you have an ambition to work in the leisure industry as a fitness instructor, this course is ideal. You'll gain formal qualifications allowing you to progress to HNC/D in Fitness, Health and Exercise, on your path to your career in the industry.

The course is intensive, and you'll participate in both theory and practical elements. You'll develop a broad range of basic skills, focusing on planning personal fitness and fitness for others, exercise and fitness programming theory, basic nutrition, anatomy and exercise, first aid, resistance training, instructor skills, circuits, group exercise, and the core skills of communication, IT and numeracy.

How do I get a place?

- You will have standard grades at level 3 or above in a minimum of three subjects. English and PE would also be an advantage
- National 4/5 students will have at least three subjects graded A-C
- Appropriate experience would be advantageous, either from placements undertaken at school or other involvement in the industry
- You will be interviewed, and expected to demonstrate a knowledge of and active participation in Exercise and Fitness
- A PVG Check will be carried out on all applicants

What will I learn?

- Planning personal fitness/fitness for others
- Basic exercise and fitness programming theory
- Basic nutrition
- Anatomy & exercise
- First aid
- Resistance training, circuits, and group exercise
- Instructor skills
- Core Skills: Communication, IT, Numeracy, Working with Others, Problem Solving

What can I do next?

- Employment in the leisure industry
- Progress to SVQ2 Fitness Instructor or HNC/D in Fitness, Health and Exercise

NC Sport and Fitness

Campus: Granton, Sighthill
Mode of Attendance: Full-Time

BTEC Level 3, 90 Credit Diploma in Sport

Campus: Granton, Sighthill
Mode of Attendance: Full-Time

What is this course about?

If you wish to develop basic knowledge and skills in sport and fitness, this course is designed to meet your needs. It covers areas such as personal fitness, how to deal with accidents and emergencies and how to plan activity sessions - all essential for your further studies and career plans.

How do I get a place?

- No formal qualifications are necessary
- Attitude and aptitude assessed at interview

What will I learn?

- Exercise and Fitness
- Assist with Activity sessions
- Dealing with Accidents and Emergencies
- PE Performance
- Nutrition
- Personal Fitness
- Core Skills

What can I do next?

Progress on to SCQF level 5 courses in sports coaching or health and fitness.

What is this course about?

This qualification provides you with an introduction to the sport and fitness sector - ideal if you're looking to build a career in sport or within one of its occupational areas. If you enjoy taking part in sport and are interested in the aspects surrounding and supporting performance then this course is for you. It will be challenging and give you the opportunity to develop your knowledge and understanding of a wide range of sport and fitness based topics.

How do I get a place?

BTEC 2 level qualification, Sports Activity Leaders Level 2 or a minimum of one Higher in a relevant subject area. Other qualifications and/or experience will be considered. Appropriate experience would be advantageous, either from placements undertaken at school or other involvement in the industry. For this course you will be interviewed, and expected to demonstrate a knowledge of and active participation in Exercise and Fitness. A PVG Check will be carried out on all applicants

What will I learn?

How to apply practical skills and knowledge in both sports coaching and fitness related areas such as fitness testing, anatomy and physiology, sports coaching, outdoor activities and instructing exercise and fitness. Opportunities to acquire National Governing Body awards and work experience in appropriate settings may also be achieved.

What can I do next?

- BTEC 3 Extended Diploma in Sport
- HNC/D Fitness Health and Exercise
- HNC/D Coaching and Developing Sport

Army Career Preparation Course

Campus: Sighthill

Mode of Attendance: Full-Time

What is this course about?

This fast-paced, 18-week course will prepare you for the Army interview process, the recruitment selection process at the Army Development Selection Centre, and a career in the British Army.

You'll work on developing a good level of fitness, with periodic assessments to establish personal progression towards the selection/entry criteria. The course will give you the opportunity to attend information briefings, with visits to various military establishments to find out about the employment opportunities you can pursue at the Regiments and Corps.

You'll develop military skills by taking part in personal development challenges such as swimming and resistance training - all working towards your personal wellbeing, exercise, and core skills.

There's the exciting opportunity of a one-week military residential experience at Castlelaw Farm in the Pentland Hills, as well as attending other military insight courses at various locations across the UK.

The ultimate aim of the course is to get you ready to access a career in the Army. You'll also be well prepared to continue your education on courses like NC Sport & Fitness at SCQF Level 4, BTEC First Certificate in Sport or SVQ Activity Leadership.

How do I get a place?

- You should have no medical conditions that would preclude employment in the Armed Forces
- You must either be in possession of a British Passport, or be eligible for one
- Prior to the course starting you'll attend interviews at the Armed Forces Careers Office and at Granton Campus to confirm your eligibility for service in the Armed Forces
- You're expected to be highly motivated, enthusiastic and committed to taking part in all activities

What will I learn?

- Developing a good level of fitness
- Personal progression towards the selection/entry criteria
- Information briefings and visits to military establishments
- Military skills
- Personal development challenges
- Personal wellbeing and exercise
- Core skills

What can I do next?

- Progress to a career in the Army
- NC Sport & Fitness at SCQF Level 4
- BTEC First Certificate in Sport
- SVQ Activity Leadership

Access to Outdoor Pursuits Employment

Campus: Granton

Mode of Attendance: Full-Time

What is this course about?

If you're looking for an exciting outdoor education course to enable you to progress into a career in outdoor pursuits, this course is designed for you. This is a full-time course which includes five NGB training courses with assessments and a placement in a Primary School, along with Activity-related residential trips and a 5-6 week work placement.

All activities are designed to increase confidence, leadership and instructional awareness as well as personal skills.

How do I get a place?

- Aged 18 years on 1st October 2014
- Evidence of participation and previous experience in Outdoor Activities

What will I learn?

- National Governing Body Awards:
- WGL training
- CWA training
- MBLA Trail Cycle Leader
- UKCC Paddle Sport Level 1/FSRT
- HSE 1st Aid at Work
- John Muir Discovery Award
- Snow Sport Proficiencies
- SQA Core Skills

What can I do next?

- Employment within the Industry
- Instructor Training Courses
- Relevant College courses
- University



HNC Fitness Health and Exercise

Campus: Granton, Milton Road
Mode of Attendance: Full-Time

What is this course about?

This course is ideal for you if you want a career in the leisure industry. Whether you're a school leaver, an adult seeking to return to education, already working in the industry, or ready for a career change, the HNC Fitness Health and Exercise will take you where you want to go.

This course enrolls you in the first year of the HND Fitness, Health and Exercise course, where you will develop an in-depth understanding of both the theoretical and practical issues relating to the industry, covering a wide range of units from anatomy and exercise physiology, to teaching gym and exercise to music.

After your first year in the HNC, you can either exit with a HNC qualification, or progress on to year two and study topics such as current exercise trends, strength and conditioning, and setting up your own business.

How do I get a place?

- Candidates will be assessed at interview
- Demonstrate knowledge of and active participation in exercise and fitness
- Two Higher passes in relevant subjects at B and C are required, although other qualifications will be considered
- Contact the fitness staff at the college with any queries
- A PVG check will be carried out on all applicants
- Vocational qualification at SCQF Level 6.

What will I learn?

- Anatomy
- Exercise physiology
- Teaching gym
- Exercise to music
- Current exercise trends
- Strength and conditioning
- Setting up your own business

What can I do next?

- You will develop a wide portfolio of skills helping you to access jobs within the leisure industry
- Successful students will be able to gain accreditation at REPS (Register of Exercise Professionals) Level 2
- You may also have the opportunity to incorporate (at additional cost) a Level 3 Personal Training Award into your programme: with this additional qualification you will be able to gain accreditation at REPS (Register of Exercise Professionals) Level 3.

HNC Soft Tissue Therapy

Campus: Granton
Mode of Attendance: Full-Time

What is this course about?

If you want to work with sports people in the rehabilitation of injuries, this is the ideal course for you.

This is a practical course, while also including a strong theoretical component that will make sure you have the understanding needed for safe practice.

Within this course you'll focus on the areas of Anatomy and Physiology, Fitness Testing, Exercise Programming, Stretching, First Aid for Sport, Causes and Classifications of Sports Injuries, Basic Assessment Skills, and Treating Using Sports Massage, both in a clinic and at events.

There may also be an opportunity to progress on to a Year 2 where you'll improve your assessment skills further, to develop and deliver exercise rehabilitation programmes. You'll study biomechanics and sports psychology, learn taping techniques and how to use electrotherapy. You'll also gain essential industry experience through working with clients in the College sports clinic and undertaking a work placement with a sports club.

To complement the First Aid for Sport unit you may also have the opportunity to gain a specific award that will enable you to work pitchside. During your practical soft tissue work you will aim to log 100 hours of practice to demonstrate

your competence in a variety of relevant techniques. This, along with the successful completion of the HNC, meets the basic requirements for you to achieve membership with the Sports Massage Association and allows you to work at exciting International Events, such as the Commonwealth and Olympic Games.

How do I get a place?

- Demonstrate a knowledge of the role of a sports therapist/sports physiotherapist and show participation in sport
- A minimum of 2 Highers at B, preferably in English and a Science, though other qualifications will be considered
- A PVG Check will be carried out

What will I learn?

- HNC Soft Tissue Therapy
- First Aid in Sport

What can I do next?

- Employment as a sports therapist
- Further study in Sports Therapy
- Year 2 of a 3-year BSc (Hons) Sports Therapy
- Year 3 of BSc (Hons) Sport & Exercise Science at Edinburgh Napier
- Year 1 BSc Physiotherapy, Podiatry or Chiropractic Studies at Queen Margaret University



HND Coaching and Developing Sport

Campus: Granton

Mode of Attendance: Full-Time

What is this course about?

This qualification provides structured opportunities for learners to experience the culture required for successful employment in the Sports Coaching Industry. It will allow the learner to develop confidence, interpersonal and leadership skills whilst enhancing their knowledge and expertise in Sports Coaching.

In year one (HNC) and two (HND), course assessment is ongoing throughout two 18 week blocks. Methods of assessment are varied and can include: written assessments, oral presentations, group exercises, projects, case studies, and practical exercises.

Your coaching skills will be developed and assessed in a workplace situation as a core part of this course - particularly valuable real-life experience for your future career.

How do I get a place?

Minimum 2 passes at Higher Level and/or relevant vocational qualification at SCQF Level 6.

What will I learn?

- Confidence and interpersonal skills
- Leadership skills
- Knowledge and expertise in sports coaching

What can I do next?

- Year 3 of a range of BSc (Hons) Sport and Exercise Science Degrees at Edinburgh Napier University
- Year 2 of BSc (Hons) Sports Studies at University of Stirling
- Employment

HND Fitness Health and Exercise

Campus: Granton, Milton Road

Mode of Attendance: Full-Time

What is this course about?

If you're looking to work in the leisure industry, this course is for you. You might be a school leaver or an adult seeking to return to education. Perhaps you are already working in the leisure industry and looking to gain more formal qualifications, or maybe you are ready for a career change.

In year one (HNC) you'll develop an in-depth understanding of both the theoretical and practical issues relating to the industry, covering a wide range of units, from anatomy and exercise physiology, to teaching gym and exercise to music.

If you choose to continue onto the second (HND) year, the course aims to help you develop your personal learning skills and ability to work independently. Many of the units look at the practical application of the material covered in first year with special population groups. You will also study topics such as current exercise trends, strength and conditioning, and setting up your own business.

How do I get a place?

- You will be interviewed and expected to demonstrate a knowledge of and active participation in Exercise and Fitness.
- Two higher passes in relevant subjects at B and C are required, though other qualifications will be considered
- A PVG Check will be carried out on all applicants

What will I learn?

- You will develop a wide portfolio of skills helping you to access jobs within the leisure industry
- Successful students will be able to gain accreditation at REPS (Register of Exercise Professionals) Level 2
- You may also have the opportunity to incorporate a level 3 Personal Training Award into your programme: with this additional qualification you will be able to gain accreditation at REPS (Register of Exercise Professionals) Level 3

What can I do next?

- Employment relating to fitness, health and exercise
- Year 3 of a range of BSc (Hons) Sport and Exercise Science Degrees at Edinburgh Napier University
- Year 2 of BSc (Hons) Sports Studies at University of Stirling, upon successful completion of the HND





0131 660 1010

edinburghcollege.ac.uk/courses

Edinburgh College is a charity registered in Scotland
Charity Number SC021213

Our course portfolio may be subject to alteration.
For information or to speak to an advisor call 0131 660 1010