

Exercise and Fitness Leadership NPA (SCQF level 6)

Entry Requirements

Pupils choosing this course would have a keen interest in sport and physical fitness. They would be interested in anatomy and physiology.

Progression through Exercise and Fitness Leadership

National Progression Award is designed to improve your skills and knowledge in the Sport and Fitness Industries. They are designed to allow progression to the HNC/D programmes in:

- Sport Coaching with Sport Development
- Fitness Health and Exercise.
- Sport and Recreation Management
- Sports Therapy
- Applied Sports Science
- Other SQA awards and SVQ s are also real possibilities

Course Content

The NPA will have 5 Units and 3 must be completed for the Group award.

The Units are as follows:

- Cardiovascular Training
- Fixed Weight Training
- Free Weight Training
- Circuit Training
- Exercise to Music

Skills Developed

- Develop the candidate's knowledge and understanding of current practices, thinking and philosophies of sport and fitness and their impact on specific aspects of industry
- Develop the candidate's knowledge and skills in planning, implementing and evaluating aspects of the Sport and Fitness Industry
- Enhance the candidate's prospects for their continuing education in the industry or outside it by the development of transferable skills
- Enable progression within the Scottish Credit and Qualifications Framework (SCQF) and allow candidates to progress to another level of education, if so desired
- Develop study skills and skills in investigating aspects of the industry which are specific to their interests and needs
- Offer opportunities to develop core skills in a setting relevant to the industry
- Allow candidates to acquire some of the basic skills and knowledge required by the industry
- To focus and develop a range of functional skills and knowledge of Fitness which reflect the ongoing and rapid changes within the industry
- To develop options to meet the needs of the industry and allow the candidate to make informed choices regarding possible career pathways based upon their specific interests and skills
- To provide delivery centres with a flexible award which can be tailored to suit their individual and market needs, hence increasing candidate employability via relevant and ongoing education.

The NPA is a 'stepping stone' to allow candidates to progress to a high level of qualification that may be required in this area.

Assessment

Pupils must complete three of the 5 units in order to complete the course. Assessment is internal and will be carried out throughout the course.

Assessments are, where appropriate, observational, written or oral.

Related Careers

Possible careers relating to Physical Education include:

- PE Teaching
- Sports Development
- Sports Management
- Sports Science
- Sports Physiotherapy
- Fitness Instructor
- Armed Services
- Outdoor Education
- Police
- Firefighting
- Professional Sport
- Sports Journalism
- Professional Dancer
- Dance Teacher

Some famous faces in the sporting world include Joe Wicks, Clare Balding, Gary Lineker and our very own Laura Muir & Eilidh Doyle.

