

## **NPA IN EXERCISE AND FITNESS LEADERSHIP (SQCF Level 6)**

This award is designed to allow candidates to develop knowledge and skills in Sport and Exercise Leadership and provides good articulation with HNC and HND college based programmes in Fitness, Coaching and Sport and Recreation Management.

### **Aims**

- Develop knowledge and understanding of current practices and thinking in sport and fitness
- Develop knowledge and skills of planning, implementing and evaluating aspects of the Sports and Fitness Industry
- Enhance prospects for continuing education by the development of transferable skills

### **UNITS**

Pupils will engage in three different units where they will learn:

Exercise and Fitness - Cardio- Vascular Training

Exercise and Fitness - Free Weight Training

Exercise and Fitness - Circuit Training

This will include classroom sessions on anatomy and physiology of muscles and the bodies energy systems etc. Practical sessions will include learning how to accurately perform exercises using correct techniques, devise and deliver fitness programmes and lead others.

### **Recommended Entry**

S5 or S6 pupils who have a genuine interest in the Sport and Leisure Industry.

S6 pupils who have achieved a Higher in PE

S5 or S6 pupils who have achieved a pass at National 5 Sport and Recreation

### **Assessment**

Assessment will be carried out on an ongoing basis using written tests, restricted response questions, physical exercises and case studies.