SPORT & FITNESS COURSE PROGRESSION

- Schools College Partnership
- College Courses
- Optional cross Progression
- Articulation to University

Level 4 Equivalent to National 4	Level 5 Equivalent to National 5	Level 6 Equivalent to Highers	Level 7 Equivalent to Advanced Higher	Level 8	Articulation (Aligned uni courses)
		Developing Sporting Performance - Rugby			
		Developing Sporting Performance - Football			
Introduction to Sport and Fitness	Sports Activity Leadership	Access to Coaching and Sports Development	Coaching and Developing Sport HND		University to study relevant subjects such as Sport and Exercise Science, Sports Studies, Coaching and Developing Sports, Physical Education or Physical Activity and Health related studies
Army Career Preparation Course	Introduction to Sport and Exercise Studies		Sports Therapy HND		Employment University to study relevant subjects such as Sports Therapy, Sport and Exercise Rehabilitation, Physical Activity, Health and Wellbeing or Sport and Exercise Science at Year 3.
	Exercise and Fitness Studies		Fitness Health and Exercise HNC	Fitness Health and Exercise HND	University to study relevant subjects such as Sport and Exercise Studies, Sports Studies, Physical Education or Physical Activity and Health related subjects Year two of BSc (Hons) Sports Studies at the University of Stirling Year three of a range of BSc (Hons) sport and exercise science degrees at Edinburgh Napier University
		Exercise and Fitness Instructor Course (with Outdoor Fitness)			
		Personal Trainer Level 3 YMCA			Access a range of degree level courses at universities across Scotland (entry point at year one or two) in relevant subject areas such as BSc (Hons) Physical Activity Health and Wellbeing Sport and Exercise Science or Nutrition
		SVQ Exercise Instructor Course			
Strachan Football Personal Development Course		Exercise and Fitness Instructor Course (with Nutrition for Physical Activity)			
	Understanding Outdoor Pursuits and Adventure Leadership	Outdoor Pursuits and Adventure Leadership			Degree level study in Adventure Tourism Management and Adventure Performance and Coaching.