



Course Choice Information – Exercise & Fitness Leadership – NPA Level 6

Course Information & Content

The **NPA in Exercise and Fitness Leadership** provides a structured opportunity for candidates to experience a number of recognised ways of leading others in fitness activities as defined by the National Occupational Standards in an environment which is realistic but supported. The NPA allows candidates to develop their personal leadership qualities and to develop their knowledge and skills in fitness.

Pupils who wish to undertake this should have a keen interest in health and fitness. It would be beneficial to have completed National 5 PE and Biology/ Human Biology. Pupils who are also selecting Higher PE or have completed Higher PE are able to undertake this course. The course will cover 3 units from: Cardio Vascular, Fixed Weights, Free Weights, Circuit Training or Exercise to Music.

Within each unit pupils will develop their understanding of the different forms of exercise, how to deliver appropriate sessions as well as the development of the body and benefits of exercise on the body. Pupils will develop a range of skills through group work and working individually to enhance their knowledge. They will also develop skills in delivery and organisation through delivering fitness sessions.

Assessment

Pupils will be assessed throughout the year through unit assessments which are set out by the SQA.

- 70% - Written Project (5000 words) – Externally assessed by SQA.
- 30% - Practical Performance in 1 activity.

Homework

Pupils will have on going homework to develop their knowledge and understanding.

Progression

University or Further Education | Employment

Career Options

Dancer | Diver | Footballer | Golf Professional | Health and Fitness Instructor | Lifeguard or Pool Attendant | Motorsports Person | Outdoor Pursuits Instructor or Leader | Physiotherapist | Physiotherapy Assistant | Sports and Exercise -Psychologist | Sport and Exercise Scientist | Sports Coach or Instructor | Sports Development Officer | Sports Engineering | Sports or Leisure Centre Assistant | Sports | Leisure Centre Manager | Sports Therapist | Stunt Performer | Teacher – Physical Education | Track and Field Athlete

More Information - SQA

