

## Course Outline

The NPA Exercise and Fitness Leadership award involves 3 units; each unit studies a different area of improving physical fitness. The course is an SCQF Level 6 award (the equivalent of a Higher).

# Exercise and Fitness Leadership (NPA)

## Details of Course Components

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. The award is designed to articulate with current HNC/D Fitness, Health and Exercise provision and to support candidates who may wish to follow that particular pathway.

The Award will provide:

- A choice of vocational pathways to be followed.
- Flexible approaches within a national framework
- The opportunity to preserve and build upon existing good practice
- Compatibility with feeder qualifications, in particular Skills for Work (SfW) Sport and Recreation at SCQF level 4 and 5 together with the NQGA Sport and Fitness level 5.
- Articulation with HN provision in Fitness Health and Exercise at HNC and HND levels
- Articulation with SVQ in Instructing Exercise and Fitness at SVQ level 2 and beyond
- A focus on the working practices being demanded by the industry

The course consists of 3 units:

- Circuit Training
- Cardiovascular Training
- Free Weight Training

Each unit must be passed to achieve an overall award. Assessments will be completed throughout the year where pupils will be required to show their understanding of how the body works and how each method of training can be used to improve fitness levels.

Lessons will mainly take place within the PE department (Gym Halls and Fitness Suite) however classroom-based lessons will also feature, particularly during assessment preparations.

This course is suitable for those who wish to pursue a career in Personal Training, Sports Coaching or those who simply want to know more about how to develop their own fitness levels.

Previous experience in studying SQA certificated Physical Education or engaging in regular physical activity is not mandatory but will likely be useful.

Further information can be found on the following website:

[https://www.sqa.org.uk/sqa/files\\_ccc/Arrangements\\_Exerciseandfitnessleadership\\_scqflevel6.pdf](https://www.sqa.org.uk/sqa/files_ccc/Arrangements_Exerciseandfitnessleadership_scqflevel6.pdf)



## FACULTY OF Health & Well-being

**Staff:** Miss Alyx Harrison  
Mr Alan Shearer

**Department:** PE

**Career Areas:**

- Physical Education
- Performing Arts
- Sport & Leisure
- Health & Fitness,
- Sports Coaching
- Sports Science
- Physiotherapy
- Personal Training

**Useful websites to help you with your choices:**

[www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)  
[www.skillsdevelopmentscotland.co.uk](http://www.skillsdevelopmentscotland.co.uk)

*Further advice and information on these options is available from your subject teacher, guidance teacher and careers adviser.*