

Introduction to Outdoor Pursuits (Sport and Recreation)

Skills for Work National 4



What skills will you gain?

This course covers the main practical activities involved in carrying out a supporting role in the outdoor adventure industry. It will provide a foundation of skills and qualifications to take the first step in this exciting and expanding sector. Weather permitting, you may have a chance to try canyoning, mountain biking, canoeing, mountain walking, sea kayaking, climbing, ropes courses and raft building.

You will also have the chance to achieve:

- British Canoeing 1 Star Award (Kayaking and Canoeing)
- Go Mountain Bike Level 2
- NICAS Level 1 (Rock Climbing)
- Heart Start 1st Aid Award
- John Muir Discovery Award

What else will I study?

- Assist with Activity Sessions
- Dealing with Facilities and Equipment
- Dealing with Accidents and Emergencies
- Personal Fitness
- Skills for Employment

Entry Requirements?

You should be working towards National 4 level, demonstrate subject interest and have a satisfactory reference

How and where will I study?

1 day a week in Fort William, combining college based learning and practical learning. The practical side involves getting out on activities and doing work experience with outdoor activity providers.

How will I be assessed?

You will be assessed by a mixture of written and practical work and your final assessment will involve you acting as the instructor and assisting primary school pupils in outdoor activities.

Where will it take me?

After you leave school, you could consider our full time college course: Certificate in Outdoor Adventure.

How do I apply?

Application is online. Please speak to your guidance teacher.

For more information please visit: