

## Sport and Fitness (Level 6)

Glasgow Clyde College

### Venues

Langside Campus

### Content

The course consists of Level 5 and 6 units, which cover a range of practical and theoretical sports related units. Units may include (depending upon at which campus you study):

Units can include: Human Physiology; Basic Sports Coaching Techniques; Basic Sports Coaching Techniques; Developing Volunteers; Outdoor Education; Indoor Games and Sport; Circuit Training, Fixed and Free Weights; Planning Personal Fitness; Swimming Pool Lifeguarding Award.

A programme of team building and leadership skills is undertaken along with Level 6 Communications, Level 5 Information Technology, First Aid certificate and national governing body sports and fitness industry awards.

### Start Date

August

### Qualification

NQ

### Study Method

Full time

### Course Length

1 year

### Department

Sport and Fitness

### Entry Requirements

3 relevant subjects at National 5 including English, or NQ Sport and Fitness (Level 5) or other relevant national qualifications at SCQF Level 5. All applicants must have an active interest in sport or fitness. Interview.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

### SCQF Level

## Progression Routes

HND Fitness, Health and Exercise, HND Coaching and Developing Sport or employment within the leisure industry.

## Address

690 Mosspark Drive  
Glasgow  
Glasgow City  
G52 3AY

## Website

[www.glasgowclyde.ac.uk](http://www.glasgowclyde.ac.uk)