

## Fitness, Health and Exercise (Level 6)

Glasgow Clyde College

### Venues

Cardonald Campus

### Content

NQ Fitness, Health and Exercise (Level 6) gives you the skills, expertise and relevant vocational qualifications for employment in the fitness and leisure industry.

This course contains practical elements which you must be physically fit to undertake.

Units include: Human Physiology, Circuit Training, Planning Personal Fitness, Resistance Training, Introduction to Research, Introduction to Research, Information Technology, Free Weights.

### Start Date

August

### Qualification

NQ

### Study Method

Full time

### Course Length

18 weeks

### Department

Sport and Fitness

### Entry Requirements

3 relevant subjects at National 5 including an English based subject; or NQ Sport and Fitness (Level 5), or other relevant national qualifications at SCQF Level 5. Interview and pre-entry test.

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

6

## SCQF Points

«SCQFPoints»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

«Address»

## Website

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