

Fitness, Health and Exercise (Level 6) (Fast Track)

Glasgow Clyde College

Venues

Cardonald Campus

Content

The course consists of Level 5 and 6 units which cover a range of practical and theoretical fitness related units.

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

6 months

Department

Sport and Fitness

Entry Requirements

3 relevant subjects at National 5 including an English based subject; or NQ Sport and Fitness Activities (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»

Progression Routes

HND Fitness, Health and Exercise or HND Coaching and Developing Sport.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

690 Mossbank Drive
Glasgow
Glasgow City
G52 3AY

Website

www.glasgowclyde.ac.uk