

Sports and Fitness (Level 6)

Dumfries and Galloway College

Venues

Dumfries Campus

Content

This course will give you a range of practical and theory-based skills in sports and fitness. You will develop your ability to plan and deliver sport and fitness activities. Through participation in a wide range of classes you will improve your leadership skills, gain valuable experience and make yourself more employable.

The course will include the following: Exercise and Fitness (Cardiovascular, Free Weight and Circuit Training); Volunteering; Marketing; Sport Development; Sports Coaching/Leadership; Communication, Numeracy and IT.

The course content is subject to change.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

3 subjects at National 5, or NQ Sport and Fitness (Level 5), or other relevant national qualifications at SCQF Level 5. Interview.

SCQF Level

6

SCQF Points

«SCQFPoints»

Progression Routes

HNC in a Sport related discipline.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Dumfries Campus
Bankend Road
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Website

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