

## 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  
Dumfries  
DG1 4FD

## Website

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