

## Sports and Fitness (Level 5)

Dumfries and Galloway College

### Venues

Dumfries Campus

### Content

The course will include the following:

Contemporary Fitness and Exercise Training Methods; Leadership within Physical Activities; Human Anatomy, Physiology and Physical Activity; Nutrition, Health and Wellbeing; Teamwork through Sport and Recreation Activity; Residential Experience; Communication, Numeracy and IT.

The course content is subject to change.

### Start Date

August

### Qualification

NC

### Study Method

Full time

### Course Length

1 year

### Department

Sport and Fitness

### Entry Requirements

4 subjects at National 4; or NC Sport and Fitness (Level 4); or other relevant national qualifications at SCQF Level 4. Interview.

### SCQF Level

5

### Progression Routes

NQ Sport and Fitness (Level 6)

## Address

Dumfries Campus  
Bankend Road  
Dumfries  
DG1 4FD

## Website

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