

## Sports and Fitness (Level 5)

Dumfries and Galloway College

### Venues

Dumfries Campus

### Content

This course will develop your knowledge and skills for working in the sport and fitness industry. The learning you do on this course links directly to the skills employers are looking for. You will gain experience and confidence from a range of practical and theory activities that will make you more employable.

The course will include the following:

Contemporary Fitness and Exercise Training Methods; Leadership within Physical Activities; 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

NQ

### Study Method

Full time

### Course Length

1 year

### Department

Sport and Fitness

### Entry Requirements

4 subjects at National 4, or relevant national qualifications at SCQF Level 4. Interview.

### SCQF Level

5

## SCQF Points

«SCQFPoints»

## Progression Routes

NQ Sport and Fitness (Level 6)

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Dumfries Campus  
Bankend Road  
Dumfries  
DG1 4FD

## Website

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