

## Sport and Fitness Activities (Level 6) (Fast Track)

Glasgow Clyde College

### Venues

Anniesland Campus

### Content

This sport and fitness course prepares you to work in the leisure industry. It also provides the knowledge required to progress onto Access to; HN Fitness, Health and Exercise and HNC Fitness, Health and Exercise. (Anniesland Campus) or Access to Sports Coaching and HND Coaching and Developing Sport (Cardonald Campus) and HND Coaching and Developing Sport (Langside Campus)

You must be physically fit to undertake the practical elements of the course.

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

Units may include:

Human Physiology; Developing Volunteering; Indoor Games and Sports; Circuit Training, Fixed Weights; Planning Personal Fitness

A programme of team building and leadership skills is undertaken along with a focus on gaining National Governing Body Awards where applicable, including Sports Hall Athletics, Intro to Badminton Coaching, SFA Coaching Certificate at 1.1 and 1.2

### Start Date

August, January

### Qualification

NQ

### Study Method

Full time

### Course Length

6 months

### Department

Sport and Fitness

## Entry Requirements

3 subjects at National 5 preferably including English or NQ Sports and Fitness Activities (Level 5); or relevant national qualifications at SCQF Level 4 or 5. Interview and pre-entry test.

## SCQF Level

5

## Progression Routes

Relevant HNC courses

## Address

690 Mosspark Drive  
Glasgow  
Glasgow City  
G52 3AY

## Website

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