

Sport and Fitness Activities (Level 5)

Glasgow Clyde College

Venues

Anniesland Campus
Cardonald Campus

Content

This sport and fitness course is designed to prepare you for entry to the industry at a basic level or as preparation for studying a sport- or fitness-related course at Level 5 or 6.

Units include: Human Anatomy and Physiology; Indoor Sports: including Basketball, Volleyball, Swimming, Table Tennis Gymnastics and Badminton; Outdoor Sports: including Football, Rugby, Hockey, Athletics and American Football; Introduction to the Theory of Coaching and Instructing; Outdoor Activities: Mountain Biking, Hill Walking; Core Skills Development (National 5); Nutrition; Exercise Skills including Resistance and Circuit Training. Spin classes, Boxing and Kettle Bells

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

3 subjects at National 4 preferably including English or relevant national qualifications at SCQF Level 4. Interview and pre-entry test.

SCQF Level

5

Progression Routes

Further study at SCQF Level 6.

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