

## Sport and Fitness Activities (Level 4)

Glasgow Clyde College

### Venues

Anniesland Campus

### Content

This course is designed to give you an introductory experience in both sport and fitness. It provides a taste of the underpinning knowledge and skills required in order to progress onto Sport and Fitness courses at level 5 and 6.

You will take part in and learn about a variety of theoretical and practical sports and exercise subjects including:

Sporting Activities: An Introduction. This may include a range of games and sports such as association football, basketball, short tennis and swimming; Physical education: An activity approach; Exercise and fitness: An introduction; Exercise and fitness units which include a range of activities such as circuits, resistance training and current exercise trends; Human physiology in development of performance; Personal learning support plan (PLSP); Working with others; Aquatics; Personal wellbeing

### Start Date

January

### Qualification

NQ

### Study Method

Full time

### Course Length

18 weeks

### Department

Sport and Fitness

### Entry Requirements

You do not require any formal academic entry qualifications, however, an active interest in sport and exercise is essential. Interview.

### SCQF Level

4

## SCQF Points

«SCQFPoints»

## Progression Routes

Further study at SCQF Level 5 or 6.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

690 Mosspark Drive  
Glasgow  
Glasgow City  
G52 3AY

## Website

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