

## Introduction to Fitness, Health and Exercise (Level 5)

Glasgow Kelvin College

### Venues

Springburn Campus

### Content

The fitness industry is a rapidly expanding sector and this course will help you to develop your career, from grass roots to high level performance.

Course topics include:

Human Anatomy, Physiology and Exercise; Fitness; Work Placement; Residential Experience; Coaching Development; Information Communication Technology; Communication; Leadership; Nutrition, Health and Wellbeing; First Aid.

### Start Date

August

### Qualification

NQ

### Study Method

Full time

### Course Length

1 year

### Department

Sport, Fitness and Adventure Sports

### Entry Requirements

3 subjects at National 5. A passion for the exercise and health along with a good level of fitness is essential.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

### SCQF Level

5

## SCQF Points

«SCQFPoints»

## Progression Routes

Relevant HND course or employment in the sport, health and leisure industry.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

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Glasgow  
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## Website

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