

## Sport and Fitness (Level 4) (Fast Track)

Glasgow Clyde College

### Venues

Anniesland Campus

### Content

NQ Sport and Fitness (Level 4) is designed to introduce you to Sport and Exercise training at a basic level which will prepare you for entry to NQ Sport and Fitness Activities at Level 5 (January start). You will gain practical skills and experience in a variety of sports and exercise contexts.

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

Indoor Sports including Basketball, Volleyball, Swimming, including GB coaching awards where appropriate; Introduction to Outdoor Activities; Core Skills Development; Nutrition; Introduction to Careers; Swimming; Sports Officiating; Introduction to Fitness Training.

### Start Date

August

### Qualification

NQ

### Study Method

Full time

### Course Length

19 weeks

### Department

Sport and Fitness

### Entry Requirements

No formal entry requirements.

### SCQF Level

4

### Progression Routes

Relevant NQ or HNC course.

## Address

690 Mosspark Drive  
Glasgow  
Glasgow City  
G52 3AY

## Website

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