

## Introduction to Sport and Fitness (Level 4)

Glasgow Clyde College

### Venues

Anniesland Campus

### Content

NQ Introduction to 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

18 weeks

### Department

Sport and Fitness

### Entry Requirements

No formal entry requirements, one professional reference should be provided.

### SCQF Level

4

### SCQF Points

«SCQFPoints»

## Progression Routes

Introduction to Sport and Fitness, NQ Sport and Fitness or Access to HNC Fitness, Health and Exercise.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

690 Mosspark Drive  
Glasgow  
Glasgow City  
G52 3AY

## Website

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