Fundamentals of Sports Coaching and Fitness (Level 5)

Glasgow Clyde College

Venues

Langside Campus

Content

Want to be a sport or fitness coach? This course will train you to work in the Sport, Fitness and Active Leisure industry at a basic level, or continue your studies. You'll play or coach a huge range of indoor and outdoor sports including basketball, volleyball, swimming, badminton, gymnastics, football, rugby and athletics – achieving recognised National Governing Body awards with specific sports.

While studying Fundamentals of Sports Coaching and Fitness (Level 5), you may cover a variety of theoretical and practical sports and exercise subjects from the following:

National Governing Body Awards in various sports; Leading sporting activities; Developing volunteering in sport; Outdoor activities: mountain biking, hill walking and skiing; Introduction to the theory of coaching and instructing various population groups; Nutrition and wellbeing; Exercise skills: including resistance training, spin classes, boxing and kettle bells.

Please note: A Protecting Vulnerable Groups (PVG) check will be required to undertake any coaching placements/work experience which may be included in the course.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

18 weeks

Department

Sport and Fitness

Entry Requirements

3 subjects at National 4; or relevant national qualifications at SCQF Level 4. Interview.

You may 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»

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

«Address»

Website

www.glasgowclyde.ac.uk