

Fitness, Physical Activity and Health (Level 4)

Glasgow Clyde College

Venues

Cardonald Campus

Content

NQ Fitness, Physical Activity and Health (Level 4) course 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 have an opportunity to gain various fitness industry qualifications, such as Pool Lifeguard, Emergency First Aid and SportsScotland Coach Connect Series.

You will visit local gyms and fitness facilities to participate in various exercise trends. You will also have an opportunity to work with our Active Campus Coordinator to deliver fitness activities which will enhance your CV.

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. Interview.

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

SCQF Level

4

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

«Address»

Website

www.glasgowclyde.ac.uk