

Fitness, Physical Activity and Health (Level 4)

Glasgow Clyde College

Venues

Cardonald Campus

Content

Want to learn the fitness basics and get an all-round knowledge of how the industry works? This course is designed to introduce you to fitness and exercise training at a basic level, so that you can progress to our NQ Sport and Fitness Activities at Level 4 in January. You'll get the chance to gain lots of fitness industry qualifications, such as Pool Lifeguard, Emergency First Aid and SportsScotland Coach Connect Series awards. Plus, you'll visit gyms and fitness facilities to explore exercise trends and equipment.

You will take part in and learn about a variety of theoretical and practical sports and exercise subjects including: Nutrition; Introduction to exercise and fitness training; Strength and conditioning; Group exercise instructing; Circuits, indoor cycling, rebound, kettlebells etc; Basketball, volleyball and football, industry recognised coaching awards will be included where appropriate.

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