

## Fitness, Physical Activity and Health (Level 5)

Glasgow Clyde College

### Venues

Cardonald Campus

### Content

NQ Fitness, Physical Activity and Health (Level 5) prepares you to work in the leisure industry at a basic level. It also provides the knowledge required to progress to NQ Sport and Fitness Level 5 (starting in January) and NQ Sport and Fitness Activities Level 6 (starting in January).

You will gain practical skills and experience in a variety of sports and exercise contexts.

You must be physically fit to undertake the practical elements of the course.

A variety of theoretical and practical sports and exercise subjects from the following:

Human anatomy and physiology; Indoor sports: including basketball, volleyball, swimming, table tennis gymnastics and badminton; Outdoor sports: including football, rugby, hockey, athletics and American football; Introduction to the theory of coaching and instructing; Outdoor activities: mountain biking, hill walking; Core skills development (National 5); Nutrition; Exercise skills including resistance and circuit training. spin classes, boxing and kettle bells.

There is a focus on gaining National Governing Body Awards where applicable, including Sports Hall Athletics, Introduction to Badminton Coaching, SFA Coaching Certificate at 1.1 and 1.2, Go Mountain Biking Cert and First Aid.

### Start Date

August

### Qualification

NQ

### Study Method

Full time

### Course Length

18 weeks

### Department

Sport and Fitness

## Entry Requirements

3 subjects at National 4, preferably including English, or NQ Fitness, Physical Activity and Health (Level 4), or other relevant national qualifications at SCQF Level 4. Interview and pre-entry test.

## SCQF Level

5

## SCQF Points

«SCQFPoints»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

«Address»

## Website

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