

Fitness, Physical Activity and Health (Level 6)

Glasgow Clyde College

Venues

Anniesland Campus
Cardonald Campus

Content

Ready to take your training up a gear? You'll work with the college's Active Campus Coordinator to deliver fitness activities which will enhance your CV. You will also get the opportunity to gain industry-recognised qualifications while delivering fitness activities like strength conditioning, group exercise and circuits to various client groups. You'll also visit local gyms and fitness facilities to explore different exercise trends and equipment and training techniques.

Units can include:

Human physiology; Circuit training; Planning personal fitness; Resistance training; Introduction to research; Team building and leadership skills; Information technology; Free weights.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

18 weeks

Department

Sport and Fitness

Entry Requirements

3 subjects at National 5 including an English based subject, or NQ Fitness, Physical Activity and Health (Level 5), or other relevant national qualifications at SCQF Level 5. 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

6

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

«Address»

Website

www.glasgowclyde.ac.uk