

Introduction to Sport and Fitness (Level 5)

Glasgow Kelvin College

Venues

Springburn Campus

Content

The NQ Sport & Fitness Leadership (Level 5) course builds on your existing skills and confidence from introductory study or personal experience. It develops your practical coaching, teamwork, and fitness performance in preparation for higher-level courses or employment in the fitness industry.

Learning takes place in our high-performance gyms, Games Hall, and classrooms, with additional industry visits to broaden your understanding of professional environments.

You'll take part in a range of sports such as basketball, football, badminton, and personal fitness training. The course combines fun, challenge, and professional growth — ideal if you want to move toward roles in fitness, coaching, or sport development.

Course content may include:

Badminton and Basketball; Football; Introduction to Inclusiveness in Sport; Fixed and Free Weights Training; First Aid for Sport; Nutrition for Health and Fitness; Skills for Employment.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sport, Fitness and Adventure Sports

Entry Requirements

National 5 English, Physical Education and a social science subject. Relevant experience in sport or fitness with a

demonstrated interest in the industry.

SCQF Level

5

SCQF Points

«SCQFPoints»

Progression Routes

NQ Advanced Fitness & Sports Performance (Level 6)

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

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