

Introduction to Sport and Fitness (Level 5)

Glasgow Kelvin College

Venues

Springburn Campus

Content

If you want to develop your Sporting and Fitness skills, this introductory level course is for you.

Your learning will take place in our one of our high-performance gyms, games hall and a classroom, as well as industry visits.

Course content may include:

Badminton; Basketball; First aid; Football; Skills for employment; Nutrition; Fixed and Free Weights; Intro to Inclusiveness in Sports.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sport, Fitness and Adventure Sports

Entry Requirements

3 subjects at National 5.

SCQF Level

5

SCQF Points





«SCQFPoints»

Progression Routes

NQ Advanced Fitness & Sports Performance (Level 6)

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

123 Flemington Street Glasgow G21 4TD

Website

www.glasgowkelvin.ac.uk

