Introduction to Sport and Fitness (Level 4)

Glasgow Kelvin College

Venues

Springburn Campus

Content

The NQ Introduction to Sport and Fitness (Level 4) is designed for learners who want to build confidence, improve their fitness, and explore a range of sports and coaching skills.

You'll train and learn in our high-performance gyms, Games Hall, and classrooms, with sessions that focus on teamwork, motivation, and developing your personal performance.

You'll also take part in a variety of practical sports, such as football, badminton, paddleboarding, and weight training, as well as visits to performance centres and outdoor training venues.

The course is highly practical, so a reasonable level of fitness and enthusiasm for physical activity are essential. You'll gain an introduction to sport science, fitness instruction, and coaching, and you'll have the opportunity to achieve additional short qualifications like Metafit, Spin, Boxing, Football, and Volleyball to enhance your CV.

Course content may include:

Playing and competing in sporting games; Intro to Anatomy; Intro to First Aid; Weight and Circuit Training; Skills for employment; Nutrition for Health and Fitness.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sport, Fitness and Adventure Sports

Entry Requirements

No formal entry requirements.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

SCQF Level

4

SCQF Points

«SCQFPoints»

Progression Routes

Introduction to Sport and Fitness (Level 5)

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

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Website

www.glasgowkelvin.ac.uk