

Introduction to Sport and Fitness (Level 4)

Glasgow Kelvin College

Venues

Springburn Campus

Content

If you are a lover of sport and fitness, and looking for an introductory level course, then this programme is for you! This course is designed to introduce you to Sport, Fitness & Adventure Sports.

Your learning will take place in our one of our high-performance gyms, games hall and a classroom, but often out in the industry itself.

You will experience a range of sports throughout your time with us, such as Paddle Boarding, Skiing, Football, Badminton and working with weights. This course contains practical elements, which includes water sport and sports sessions, which you must be physically fit to undertake.

Course content may include:

Playing and competing in sporting games; Intro to Anatomy; Badminton; Basketball; Intro to First Aid; Weight Training; Football; Skills for employment; Nutrition.

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

123 Flemington Street
Glasgow
G21 4TD

Website

www.glasgowkelvin.ac.uk