

Dance with Fitness (Level 6)

Glasgow Kelvin College

Venues

Easterhouse Campus

Content

This course offers immersive, practical training in Dance, Fitness, Choreography, Nutrition, Anatomy, Holistic training and Dance Performance, preparing you for a wide range of opportunities in the performing arts and fitness industries, alike.

You will develop both creative and technical skills through individual and collaborative projects which prepares you for transition into the working industry or further training in a variety of capacities. You can develop your dance skills in Jazz, Contemporary and Commercial disciplines as-well-as developing your fitness skills in Exercise to Music, Conditioning, Circuit training and Anatomy. You will develop knowledge in skills in nutrition and holistic approaches to training, and you will develop and implement skills in choreography and dance performance techniques.

Content includes:

Dance techniques in jazz, contemporary and commercial disciplines; Fitness techniques in exercise to music, conditioning, circuit training; Anatomy for dance and fitness; Nutrition and holistic training; Choreography and performance techniques; Professional etiquette; Fitness teaching techniques; and, Group training technique.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Performing Arts

Entry Requirements

1 subject at National 5, preferably in English, Dance or Physical Education. Entry by interview and audition.

SCQF Level

6

SCQF Points

«SCQFPoints»

Progression Routes

You can progress onto further study at HND and BA level, with UHI Perth, at Kelvin or a wide range of other Universities

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

123 Flemington Street
Glasgow
G21 4TD

Website

www.glasgowkelvin.ac.uk