Dance with Fitness (Level 6)

Glasgow Kelvin College

Venues

Easterhouse Campus

Content

This exciting and physically demanding course blends dance performance, choreography and fitness training, giving you the creative and technical grounding needed for work or further study in both the performing arts and fitness industries.

You'll train in Jazz, Contemporary and Commercial dance, while developing your understanding of fitness instruction, anatomy, nutrition and holistic wellbeing. Guided by industry-experienced tutors, you'll work on a mix of creative and prescriptive projects that build your performance ability, body awareness and professional discipline.

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. 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

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Glasgow
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Website

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