Development of Fitness, Health and Wellbeing (Level 5)

Glasgow Clyde College

Venues

Anniesland Campus

Content

This course is part of your continuing fitness education, and is designed to introduce you to exercise training and physical activity and health at a basic level before you progress to Development of Fitness, Health and Wellbeing Level 5 in August. On this course, you'll learn practical skills and get valuable experience in a variety of fitness and exercise contexts, gaining industry-recognised qualifications and working with our Active Campus Coordinator to deliver fitness activities which will enhance your CV.

You will learn a variety of theoretical and practical sports and exercise subjects from the following:

Exercise and fitness activities including resistance, spin classes, boxing and kettle bells; Human anatomy and physiology; Circuits; Nutrition; Indoor sports: including basketball, volleyball, swimming, table tennis, gymnastics and badminton.

There is a focus on gaining National Governing Body Awards where applicable, including Introduction to Badminton Coaching, SFA Coaching Certificate at 1.1 and 1.2 and First Aid.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

18 weeks

Department

Sport and Fitness

Entry Requirements

3 subjects at National 5 including English, or relevant national qualifications at SCQF Level 4.

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

5

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

«Address»

Website

www.glasgowclyde.ac.uk