

## 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](http://www.glasgowclyde.ac.uk)