Introduction to Fitness, Health and Wellbeing (Level 4)

Glasgow Clyde College

Venues

Anniesland Campus

Content

Want to learn the fitness basics and get an all-round knowledge of how the industry works? This course is designed to introduce you to fitness and exercise training at a basic level, so that you can progress to further study in August. You'll get the chance to gain lots of fitness industry qualifications, such as Pool Lifeguard, Emergency First Aid and SportScotland Coach Connect Series awards. Plus, you'll visit gyms and fitness facilities to explore exercise trends and equipment.

You will take part in a variety of practical sports and fitness activities including:

Nutrition; Introduction to exercise and fitness training; Strength and conditioning; Group exercise instructing; Circuits, indoor cycling, rebound, kettlebells etc; Basketball, volleyball and football, industry recognised coaching awards will be included where appropriate.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

18 weeks

Department

Sport and Fitness

Entry Requirements

You do not require any formal academic entry qualifications, however, an active interest in sport and exercise is essential. Please make sure you include all your experience in activities relating to sport, fitness and exercise in the personal statement section when you complete the application form.

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»

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

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www.glasgowclyde.ac.uk