

Health, Fitness and Sport Performance (Level 6)

City of Glasgow College

Venues

City Campus

Content

This course will give you a range of practical and theory-based skills in health, fitness and sports. Your ability to plan, coach and play sports will be developed, including leading exercise and fitness sessions. You'll develop a knowledge of the world of work, gaining volunteering and employability skills and experiences.

You'll study:

Badminton; Volleyball; Basketball; Fitness Training; Human Physiology; First Aid; Sports Mechanics.

You'll develop employability skills through:

Communication; Volunteering; Employment visits and speakers.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sport, Fitness and Sports Therapy

Entry Requirements

3 subjects at National 5 including English; or relevant national qualifications at SCQF Level 5. You will be invited for interview.

SCQF Level

6

SCQF Points

«SCQFPoints»

Progression Routes

HND Fitness Health and Exercise, HND Sports Therapy or other relevant HND.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

City Campus
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Website

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