

## Health, Fitness and Sport Performance

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  
190 Cathedral Street  
Glasgow  
G4 0RF

## Website

[www.cityofglasgowcollege.ac.uk](http://www.cityofglasgowcollege.ac.uk)