Fitness, Health and Exercise

New College Lanarkshire

Venues

Broadwood Campus
Motherwell Campus

Content

This course can help turn a love of fitness into a nationally-recognised award. The course is designed to provide you with the underpinning knowledge, as well as the teaching and instructing skills for successful progression to HND-level study or for employment in the fitness industry. There will also be the opportunity to gain additional career-enhancing, industry-recognised qualifications. This course is recognised with (CIMPSA).

The course involves study of Exercise Physiology and Anatomy, Exercise Principles and Programming, First Aid for Sport and Fitness, Health Screening, Nutrition, Group Exercise, Gym-Based Exercise and Fitness, Working Effectively and Safely with Clients, Introduction to Research Methods, Plan and Management of Personal Training, Core Strength and Posture Training, Flexibility Training, Health and Safety Management, Health and Exercise: Graded Unit 1.

Start Date

August

Qualification

HNC

Study Method

Full time

Course Length

1 year

Department

Sports and Physical Activity

Entry Requirements

2 Highers including 1 relevant subject; or NQ Sport and Fitness (Level 6); or other relevant national qualifications at SCQF Level 6. Interview may be required. Personal Statement is required.

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

7

SCQF Points

«SCQFPoints»

Progression Routes

HND Fitness Health and Exercise

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

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Website

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