

## Fitness, Health and Exercise

North East Scotland College

### Venues

Aberdeen City Campus

### Content

If you aspire to work in the areas of fitness, health and exercise instruction then this course is suited to you. You will study a wide variety of subjects spanning the whole spectrum of sports science and fitness leadership, as well as a PDA in Personal Training.

You will develop a wide range of fitness leadership and exercise prescription skills whilst building a good understanding of the key underpinning scientific principles that support practical performance.

You will learn:

Gym-based Exercise; Group Based Exercise Sessions; Fitness and Health Screening; Exercise Prescription; Nutrition for Fitness and Health; Exercise Physiology and Anatomy; Strength and Conditioning; Personal Training Experience.

### Start Date

August

### Qualification

HND

### Study Method

Full time

### Course Length

2 years

### Department

Sport, Fitness and Uniformed Services

### Entry Requirements

2 Highers including Physical Education; or relevant national qualifications at SCQF Level 6

### SCQF Level

8

## SCQF Points

«SCQFPoints»

## Progression Routes

University degree course

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Gallowgate Centre  
Gallowgate  
Aberdeen  
Aberdeen City  
AB25 1BN

## Website

www.nescol.ac.uk