

Fitness, Health and Exercise

North East Scotland College

Venues

Aberdeen City Campus

Content

If you're passionate about fitness, health, and helping others achieve their goals, this HND course is your pathway into a rewarding and fast-growing industry. You'll explore a broad range of subjects covering the full spectrum of sports science, exercise instruction and fitness leadership—along with the chance to complete a PDA in Personal Training.

Throughout the course, you'll build advanced coaching, leadership and exercise-prescription skills, while developing a strong understanding of the scientific principles that drive effective training and performance. From anatomy and physiology to programme design and applied coaching, you'll gain the expertise needed to work confidently with clients in real-world settings.

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»

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