

Fitness, Health and Exercise

New College Lanarkshire

Venues

Broadwood Campus

Content

This course deepens the knowledge and widens the experience gained during HNC level study. It offers the opportunity to research and apply your knowledge of current issues in the fitness industry and prepares you for employment in a company or for self-employment in an exciting and varied workplace.

The course involves study of Applied Exercise Prescription for Special Population Groups, Fitness Assessment and Nutrition for Specialist Population Groups, Current Exercise Trends, Metabolic Considerations for Personal Trainers, Deliver Personal Training Sessions, Work Experience/Placement, Plan, Teach Group Exercise to Music, Preparing to Start a Business, Health and Exercise: Graded Unit 2. Optional units may vary across campuses.

Delivering Personal Training Sessions, Planning and Management of Personal Training, Metabolic Considerations for Personal Training, Core Strength and Posture form an integral part of a PDA, which is recognised with CIMPSA. There will also be the opportunity to gain additional career-enhancing, industry-recognised qualifications.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

2 years

Department

Sport and Physical Activity

Entry Requirements

HNC Fitness, Health and Exercise.

You would require a satisfactory PVG (Protecting Vulnerable Groups) check to show you are suitable for this type of course.

Contact Disclosure Scotland for details.

SCQF Level

8

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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