

Fitness, Health and Exercise

UHI Moray

Venues

Main campus

Content

If you have a passion for health and fitness and would like to teach others the benefits of a healthy lifestyle, the HNC Fitness, Health and Exercise will give you the appropriate skills and training to work in a range of roles within the health and fitness industry.

You will study principles and programming; fitness testing and assessment; first aid; sports injury; leadership and personal effectiveness; anatomy and exercise physiology; and nutrition, diet and weight control.

Start Date

September

Qualification

HNC

Study Method

Full time

UCAS Code

206C

Course Length

1 year

Department

Business, Leisure and Tourism

Entry Requirements

2 Highers, English and Maths or a science subject preferred; or relevant national qualification at SCQF Level 6. You may be required to attend for interview.

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

www.moray.uhi.ac.uk/