

## Fitness, Health and Exercise (Physical Activity and Health)

Dundee and Angus College

### Venues

Arbroath Campus  
Gardyne Campus

### Content

This course is suitable for a wide range of learners including school leavers, adult returners to education, individuals in employment who wish to enhance their career prospects and those wishing to start their own business.

Units build underpinning knowledge and understanding of aspects required to practically gym instruct and work with groups. These aspects include Health & Safety Management, Exercise Science, Principles & Programming, Health Screening, Nutrition, Psychology and Health Promotion and Behavioural Change.

There is an opportunity to gain additional fitness qualifications accredited by Active IQ.

### Start Date

August

### Qualification

HNC

### Study Method

Full time

### Course Length

1 year

### Department

Sport, Fitness and Uniformed Services

### Entry Requirements

2 relevant Highers including English, Physical Education or a science subject or relevant national qualifications at SCQF Level 6. There will be an interview, practical test and written test.

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»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

«Address»

## Website

www.dundeeandangus.ac.uk