

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 and Safety Management, Exercise Science Principles and Programming, Health Screening, Nutrition, Psychology and First Aid. 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