Fitness, Health and Exercise

Dumfries and Galloway College

Venues

Dumfries Campus

Content

This programme will give you an industry recognised qualification along with the key knowledge and practical skills required to pursue a career in the fitness, health and exercise industry. You will gain knowledge and expertise in a range of subjects including exercise programming, health screening, nutrition, first-aid for sport, exercise physiology, and anatomy.

The HNC in Fitness, Health and Exercise provides the opportunity to gain membership with Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

The course topics will include units covering: First Aid for Sport and Fitness; Working effectively and Safely with Clients; Health and Safety Management; Exercise, Anatomy and Physiology; Exercise Principles and Programming; Nutrition for Fitness, Health and Exercise; Physical Activity for Children; Plan, Teach and Evaluate Group Exercise Sessions; Plan, Teach and Evaluate Gym Based Exercise Sessions; Health Screening; Strength and Conditioning.

The course content is subject to change.

Start Date

August

Qualification

HNC

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

2 Highers, or NQ Sport and Fitness (Level 6), or other relevant national qualifications at SCQF Level 6. 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

Year 2 of HND Fitness, Health and Exercise

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

Dumfries Campus
Bankend Road
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DG1 4FD

Website

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