

Fitness, Health and Exercise

Dumfries and Galloway College

Venues

Dumfries Campus

Content

This course will introduce you to the skills and knowledge you will need for a career in the fitness, health & exercise industry.

On successful completion of your course, you can register for the Register of Exercise Professionals (REPS) Level 2 Personal Trainer accreditation.

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

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Website

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