

Fitness, Health and Exercise

Dumfries and Galloway College

Venues

Dumfries Campus

Content

You will study:

Applied Exercise Prescription for Specialist Population Groups; Applied Fitness Assessment for Specialist Population Groups; Applied Nutrition Assessment and Prescription; Current Exercise Trends; Getting Started in Business; Metabolic Considerations for Personal Training; Core Strength and Posture; Delivering Personal Training Sessions; Planning and Management of Personal Training; Plan, Teach and Evaluate a Physical Activity Programme to Meet the Needs of Older Adults.

The course content is subject to change.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

2 years

Department

Sport and Fitness

Entry Requirements

HNC Fitness, Health and Exercise. 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

8

Progression Routes

Degree level courses at universities

Address

Dumfries Campus
Bankend Road
Dumfries
DG1 4FD

Website

www.dumgal.ac.uk