Fitness, Health and Exercise

Dumfries and Galloway College

Venues

Dumfries Campus

Content

This course builds on the HNC and you will advance your study of fitness, health and exercise activities and related areas. The HND covers a wide variety of subjects including personal instructing, strength management, and managing sports events.

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

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.

The course content is subject to change.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

1 year

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

SCQF Points

«SCQFPoints»

Progression Routes

Degree level courses at universities

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

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