

Fitness, Health and Exercise

Fife College

Venues

Kirkcaldy (St Brycedale) Campus

Content

The HNC in Fitness, Health, and Exercise (SCQF level 7) is tailored for individuals aspiring to enter the fitness, health, and exercise industry. It equips students with essential knowledge and practical skills in exercise programming, health screening, nutrition, and more. Membership with CIMSPA is offered for professional recognition and development.

Subjects Include:

Working effectively and safely with clients; Exercise and fitness: health and safety management; Exercise physiology and anatomy; Exercise principles and programming; Health screening; Nutrition for fitness, health and exercise; Fitness, health and exercise graded unit 1; First Aid for sport and fitness.

Start Date

August

Qualification

HNC

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

2 Highers, English, Physical Education or a science subject preferred plus National 5 English (if not held at Higher); or relevant national qualifications at SCQF Level 6. Interview and/or group information session and practical 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»

Progression Routes

HND Fitness, Health and Exercise

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

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Website

www.fife.ac.uk