

## Fitness, Health and Exercise

Fife College

### Venues

Dunfermline City Campus  
Kirkcaldy Campus

### Content

The HNC in Fitness, Health and Exercise (SCQF level 7) prepares students for careers in the fitness industry, covering topics like exercise programming, health screening, nutrition, and first-aid. CIMSPA membership offers professional recognition and development opportunities, enhancing students' skills and knowledge.

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, preferably from English, Physical Education and a science subject 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

Calaiswood Crescent  
Dunfermline  
KY11 8SJ

## Website

[www.fife.ac.uk](http://www.fife.ac.uk)