

## Fitness, Health and Exercise

Fife College

### Venues

Kirkcaldy Campus

### Content

The HND Year 2 in Fitness, Health, and Exercise (SCQF level 8) builds upon HNC Year 1, focusing on fitness, health, and exercise activities. It includes subjects like personal instruction and strength management. The course offers CIMSPA membership, recognizing standards in the sport and physical activity sector for professional development.

Core units include:

Applied exercise prescription; Applied fitness assessment and diagnostic testing; Applied nutrition and health assessment; Current exercise trends; Getting started in business; Working safely and effectively with clients; Fitness, health and exercise: graded unit 2.

Key Optional Units:

Planning and management of personal training; Deliver personal training sessions; Strength and conditioning for sports performance; Core strength and posture.

### Start Date

August

### Qualification

HND

### Study Method

Full time

### Course Length

1 year

### Department

Sport and Fitness

### Entry Requirements

Relevant HNC. 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

Relevant degree courses

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Calaiswood Crescent  
Dunfermline  
KY11 8SJ

## Website

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