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»

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Website

www.fife.ac.uk