Fitness, Health and Exercise

Edinburgh College

Venues

Granton Campus
Sighthill Campus

Content

This course is designed to develop your learning skills and ability to work independently, studying topics such as Exercise Physiology and Anatomy, Gym based Exercise, Group based Exercise, and Nutrition.

Offering a stepping stone towards a rewarding career in the Fitness Industry, this course will allow you to join CIMSPA, the professional development body for the UK's Sports and Physical Activity sector, as a Gym instructor practitioner or potentially a Personal Trainer practitioner.

Year One

How to work with a range of groups in physical activity and health improvement settings; How to develop your practical skills and techniques in structured sessions; How to plan, prepare and carry out fitness training programmes; An understanding of nutrition for fitness; Research and reporting skills; and, Level 2 Gym Practitioner award.

Year Two

Awareness of the interdisciplinary nature of fitness and health; Skills in exercise application and leadership; An understanding of the role and impact of exercise for different population groups; and, Level 3 Personal Trainer Award.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

2 years

Department

Sport and Fitness

Entry Requirements

2 Highers; English, Physical Education or a science subject preferred; or relevant national qualifications at SCQF Level 6. 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»

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

«Address»

Website

www.edinburghcollege.ac.uk