

Fitness, Health and Exercise

Glasgow Clyde College

Venues

Cardonald Campus

Content

This fitness, health and exercise course will give you the underpinning knowledge and practical leadership skills required to pursue a career in the fitness industry, mainly within leisure centres, and/or progress into higher education.

Year 1:

CIMSPA recognised Level 2 Gym Instructor; Level 2 exercise to music (studio cycling/ETM); Nutrition; Gym/studio-based exercise; Exercise physiology and anatomy; Physical activity for children; Work experience; Research (graded unit 1).

If you successfully complete the core HNC units along with the Gym and/or Exercise to Music, you can also gain REPS Level 2.

Year 2:

CIMSPA recognised level 3 personal trainer; Preparing to start a business; Metabolic considerations for personal trainers; Core strength and posture; Plan and deliver personal training sessions; Current exercise trends; Applied nutrition; Applied fitness testing for special populations; Applied exercise prescription for special populations.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

2 years

Department

Sport and Fitness

Entry Requirements

2 Highers including an English based subject, or NQ Sport and Exercise (Level 6), or relevant national qualifications at SCQF Level 6. Entry subject to interview, reference and written test.

Relevant HNC may give you entry to year 2.

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

2nd or 3rd year entry to relevant degree programme.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

690 Mosspark Drive
Glasgow
Glasgow City
G52 3AY

Website

www.glasgowclyde.ac.uk