

Fitness, Health and Exercise

West Lothian College

Content

This qualification is a nationally recognised qualification endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA), equipping you with the essential knowledge and practical skills to thrive as an exercise professional.

This course covers everything you need to thrive in the fitness, health, and exercise industry. You'll dive into key areas like anatomy, physiology, and nutrition, learning how they connect to overall fitness and wellbeing.

Develop practical skills for screening clients and designing personalised exercise plans, while staying updated on industry trends and government initiatives. You will also have the opportunity to gain instructor certification in Les Mills disciplines.

Topics include:

Anatomy and exercise physiology; Group exercise; Gym based sessions; Nutrition for fitness; Health screening; Psychology of sports coaching; Exercise principles and programming.

Start Date

August

Qualification

HNC

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

2 Highers including English. Entry by interview, written test and fitness 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 or degree level courses.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Almondvale Crescent
Livingston
West Lothian
EH54 7EP

Website

www.west-lothian.ac.uk