

## Fitness, Health and Exercise

Ayrshire College

### Venues

Kilmarnock Campus

### Content

This course builds on the HNC, giving you a deeper understanding of the major factors relevant to the fitness industry, and preparing you for employment.

To succeed, you'll need to be motivated and willing to carry out a lot of independent research and study.

On completion, you'll have the opportunity to join the Register of Exercise Professionals (REPS) as a Level 3 Personal Trainer. This qualification is highly sought after within the industry and in itself can lead to employment opportunities.

Subjects may include: Personal Training; Current Exercise Trends; Exercise and Fitness Assessment for Specialist Groups; Applied Nutrition Assessment and Prescription; Group Exercise Sessions; Getting Started in Business.

### Start Date

August

### Qualification

HND

### Study Method

Full time

### Course Length

1 year

### Department

Sport and Fitness

### Entry Requirements

HNC Fitness, Health and Exercise. Entry subject to 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

Progression to the 2nd or 3rd year of a relevant degree course at university or employment.

On completion of your HND you will be ideally placed to move directly into industry employment thanks to REPS (Register of Exercise Professionals) accreditation at Level 3.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Dam Park  
Ayr  
KA8 0EU

## Website

[www1.ayrshire.ac.uk](http://www1.ayrshire.ac.uk)