

Fitness, Health and Exercise

West College Scotland

Venues

Clydebank Campus
Greenock (Waterfront) Campus
Paisley Campus

Content

This course can help turn a love of exercise and fitness into a nationally recognised industry award. The course is designed to provide you with the underpinning knowledge, as well as the teaching and instructing skills for successful progression to HND level study or for employment within the fitness industry. This course is recognised with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

You'll learn about:

Exercise Programming; Health Screening; Nutrition; First Aid for Sport; Exercise Physiology; Anatomy.

Start Date

August

Qualification

HNC

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

2 Highers including English or another English based subject; or Advanced Sport, Fitness and Physical Activity (Level 6), or other relevant national qualifications at SCQF Level 6. Entry subject to interview.

SCQF Level

7

SCQF Points

«SCQFPoints»

Progression Routes

Relevant HND

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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Website

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