

## 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 NC Sport and Fitness (Level 5), 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»

## Address

Renfrew Road  
Paisley  
Renfrewshire  
PA3 4DR

## Website

[www.westcollegescotland.ac.uk](http://www.westcollegescotland.ac.uk)