Fitness, Health and Exercise

West Lothian College

Content

This course develops from the HNC Fitness, Health and Exercise course. It enables students to develop practical leadership skills for working with individuals and groups. This course will also allow you to gain entry to Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) as a Personal Trainer Practitioner.

The course covers skills and knowledge needed for work in the health and fitness industry and includes:

Applied exercise prescription; Applied fitness assessment; Applied nutrition; Preparing to start a business; Deliver personal training sessions.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

HNC Fitness, Health and Exercise with 15 credits at SCQF Level 7. Entry by 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

Possible progression to Year 2 or 3 of degree level courses in a range of subjects relating to Fitness, Health and Exercise.

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

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Website

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