

Pathway to Fitness, Health and Exercise

Forth Valley College

Venues

Falkirk Campus

Content

This course aims to provide the foundations for future employment in the fitness and exercise industry or further progression to related higher education courses within areas such as fitness, health and exercise or sports coaching. It also aims to develop an awareness of a range of team and individual activities and includes the opportunity to develop personal expertise.

Learners will be required to purchase relevant items of equipment and clothing.

Content:

Human Physiology and Performance; Nutrition in Sport and Fitness; Event Organisation; Core Skills; First Aid; Cardio Vascular Training; Circuit Training; Fixed and Free Weight Training; Exercise to Music; Developing Volunteering; Activity and Participation Opportunities in the Community; Sports Injuries: Identification, Prevention and Treatment - An Introduction; Sports: Activity and participation opportunities in the community.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport

Entry Requirements

3 subjects at National 5, preferably English, Physical Education and a science subject; or successful completion of NC Sport and Fitness; or other relevant national qualifications at SCQF Level 5. Interview and group based practical assessment.

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

6

SCQF Points

«SCQFPoints»

Progression Routes

Relevant HND

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Grangemouth Road
Falkirk
FK2 9AD

Website

www.forthvalley.ac.uk