

## 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 & Fitness; Event organisation; Communication; First aid; Cardiovascular training; Circuit training; Fixed and Free weight training; Exercise to music; Work Placement; Sports injuries: identification, prevention and treatment An introduction; Sports: Activity and participation opportunities in the community.

### Start Date

August

### Qualification

NQ

### 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 NQ Sport and Fitness, or other relevant national qualifications at SCQF Level 5. 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

6

## SCQF Points

«SCQFPoints»

## Progression Routes

Relevant HND

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Grangemouth Road  
Falkirk  
FK2 9AD

## Website

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