Pathway to Fitness, Health and Exercise (Level 6)

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.

There is also a National Progression Award in Exercise & Fitness Leadership Award (SCQF Level 6) embedded within this course.

This course can also prepare students for future progression onto HNC study within Sports Coaching or Fitness, Health and Exercise.

Content:
Human Physiology and performance; Nutrition in Sport and 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 (Level 5); 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 HNC

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

Grangemouth Road
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FK2 9AD

Website

www.forthvalley.ac.uk