

## Fitness, Health and Exercise (subject to approval)

University of the Highlands and Islands (UHI)

### Venues

UHI Inverness  
UHI Perth

### Content

If you have a passion for health and fitness and would like to teach others the benefits of a healthy lifestyle, the HNC Fitness, Health and Exercise\* will give you the appropriate skills and training to work in a range of roles within the health and fitness industry.

The course will introduce you to the fundamental principles of training and science; the interdisciplinary nature of fitness and exercise; and how to involve individuals in their own fitness and health.

### Start Date

September

### Qualification

HNC

### Study Method

Full time

### UCAS Code

206C

### Course Length

1 year

### Department

Sports, Adventure and Tourism

### Entry Requirements

2 Highers at C or above, English and Maths or a science subject preferred; or relevant national qualification at SCQF Level 6. You may be required to attend for 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

7

## SCQF Points

«SCQFPoints»

## Progression Routes

HND Fitness, Health and Exercise

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

UHI House  
Old Perth Road  
Inverness  
IV2 3JH

## Website

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