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

Part time (day)

UCAS Code

206C

Course Length

2 years

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

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Website

www.uhi.ac.uk