Fitness, Health and Exercise (subject to approval)

University of the Highlands and Islands (UHI)

Venues

UHI Inverness
UHI Perth

Content

The HND Fitness, Health and Exercise is designed to build on the HNC award and develop your skills and knowledge. You will advance your study of fitness, health and exercise activities and related areas and specifically increase awareness of the interdisciplinary nature of fitness and health and develop an understanding of the need to involve participants fully in their own fitness and health development.

You will be able to give ownership of programmes to individuals; enabling optimum customer service and develop and apply transferable exercise skills with specific populations.

On completion of this course you may also be eligible to apply to go on the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) register, therefore better preparing you for employment in the industry.

Start Date

September

Qualification

HND

Study Method

Full time

UCAS Code

006C

Course Length

1 year

Department

Sports, Adventure and Tourism

Entry Requirements

HNC Fitness, Health and Exercise.

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

8

SCQF Points

«SCQFPoints»

Progression Routes

Degree programme in sport

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

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