Fitness, Health and Exercise (2nd year entry)

City of Glasgow College

Venues

City Campus

Content

This course is most suited to those with an interest in the fields of fitness, health and exercise. The new framework has been developed to include industry recognition in the form of the endorsement by the Register of Exercise Professionals (REPS).

You will study:
Applied Exercise Prescription; Applied Nutrition; Core Strength and Posture; Current Exercise Trends; Metabolic Considerations.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

1 year

Department

Sport, Fitness and Sports Therapy

Entry Requirements

Relevant HNC. Entry subject to interview.

SCQF Level

8

SCQF Points

«SCQFPoints»

Progression Routes

Degree courses in related areas; employment in sports clubs, private and public sports facilities, local authorities and government health and sport initiatives

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

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