

Fitness, Health and Exercise

Ayrshire College

Venues

Kilmarnock Campus

Content

In just one year, you will have a better understanding of the fitness industry, acquiring the skills to excel in various roles. This course, relevant in today's dynamic job market, is designed to empower you with practical knowledge and prepare you for a fulfilling career.

Content:

personal training; current exercise trends; exercise and fitness assessment for specialist groups; applied nutrition assessment and prescription; group exercise sessions; and start a business.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

HNC Physical Activity and Health. Entry subject to an interview process.

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

Progression to degree level study at university or employment.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Dam Park
Ayr
KA8 0EU

Website

www1.ayrshire.ac.uk