

## Fitness, Health and Exercise

Ayrshire College

### Venues

Kilmarnock Campus

### Content

You'll spend time in our fitness suites and facilities, learning how to safely and competently instruct your clients within a gym environment. However, there's also a substantial amount of theory and written elements, so be prepared to spend time in the classroom as well as self-study.

Subjects may include: Gym Based Exercise Sessions; Exercise Physiology and Anatomy; Flexibility Training, Core Strength and Posture; Managing a Sport/Fitness Event; Inclusive Sports Provision; First Aid for Sport and Fitness.

### Start Date

August

### Qualification

HNC

### Study Method

Full time

### Course Length

1 year

### Department

Sport and Fitness

### Entry Requirements

2 Highers. Those without formal qualifications, but have life experience, will also be considered. A place on the course is 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

7

### SCQF Points

«SCQFPoints»

## Progression Routes

2nd year entry to HND Fitness Health and Exercise or progression to a degree course at university or employment.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Dam Park  
Ayr  
KA8 0EU

## Website

[www1.ayrshire.ac.uk](http://www1.ayrshire.ac.uk)