

Physical Activity and Health

Ayrshire College

Venues

Kilmarnock Campus

Content

Embark on an exciting journey in the fitness industry with our HNC Physical Activity and Health course. In just one year, you may acquire the skills needed to excel in gym environments and be eligible for the following CIMSPA recognition: Gym Instructor/Practitioner, Group Exercise Instructor/Practitioner, Health Navigator, opening doors to a range of fulfilling career paths.

Content includes:

gym based exercise sessions; exercise physiology and anatomy; flexibility training, core strength and posture; managing a sport/fitness event; managing health conditions; group exercise; and 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; or Advanced Sports and Fitness (Level 6); or other relevant national qualifications at SCQF Level 6. Entry subject to 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

Dam Park
Ayr
KA8 0EU

Website

www1.ayrshire.ac.uk