Fitness, Health and Exercise

Forth Valley College

Venues

Falkirk Campus

Content

This course is designed to provide a theoretical and practical background into the field of fitness, health and exercise, whilst meeting the needs of the fitness and health industry.

The course will provide a strong foundation for future employment in this sector within the community, as well as the private and corporate sectors.

This course will also develop the applied competencies of fitness, health and exercise within areas such as physiology, exercise principles and fitness instruction.

Contents Include:
Work Placement; Research in Sport and Fitness: An Introduction; First Aid for Sport and Fitness; Psychology of Sports Coaching; Working Effectively and Safely with Clients; Exercise and Fitness: Health and Safety Management; Exercise Physiology and Anatomy; Exercise Principles and Programming; Health Screening; Nutrition for Fitness, Health and Exercise; Plan, Teach and Evaluate Gym Based Exercise Sessions; Plan, Teach and Evaluate Group Exercise Sessions; Fitness, Health and Exercise: Graded Unit 1.

Start Date

August

Qualification

HNC

Study Method

Full time

Course Length

1 year

Department

Sport

Entry Requirements

Higher English and Physical Education plus 3 subjects at National 5 including Maths or a science subject; or NQ Pathway to

Fitness, Health and Exercise; or other relevant national qualifications at SCQF Level 6. Interview and group based practical test.

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

Relevant degree programme

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

Grangemouth Road
Falkirk
FK2 9AD

Website

www.forthvalley.ac.uk