

Fitness, Health and Exercise

Glasgow Kelvin College

Venues

Easterhouse Campus
Springburn Campus

Content

The fitness, health and exercise industry is this rapidly expanding, this course will help you to pursue a career from grass roots to high level performance.

You will gain a CIMPSA approved Level 2 Gym Instructor and level 3 Personal Trainer accreditation. Group Exercise Coach or an Exercise to Music Coach upon successful completion of this course.

Year 1:

Health Screening; Exercise Principles and Programming; Exercise Physiology and Anatomy; Nutrition for Fitness, Health and Exercise; First Aid for Sport and Fitness; Exercise and Fitness: Health and Safety Management; Working Safely and Effectively with Clients; Plan, Teach and Evaluate a Gym Based Exercise Session; Fitness, Health and Exercise: Graded Unit 1; Plan Teach and Evaluate a Group Exercise Session; Psychology of Sports Coaching; Plan Teach and Evaluate Group Exercise with Music; Physical Activity for Children; Inclusive Sport Provision: An Introduction

Year 2:

Applied Exercise Prescription; Applied Fitness Assessment and Diagnostic Testing; Applied Nutrition and Health Assessment; Current Exercise Trends; Exercise to Music; Getting Started in Business; Fitness, Health and Exercise: Graded Unit 2; Core Strength and Posture; Deliver Personal Training Sessions; Metabolic Considerations for Personal Trainers; Planning and Management of Personal Training.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

2 years

Department

Sport and Fitness

Entry Requirements

Higher English or Physical Education; or relevant national qualifications at SCQF Level 6. Interview and fitness test.

SCQF Level

8

SCQF Points

«SCQFPoints»

Progression Routes

Degree level study; employment

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

123 Flemington Street
Glasgow
G21 4TD

Website

www.glasgowkelvin.ac.uk