

## Fitness, Health and Exercise

Glasgow Kelvin College

### Venues

Springburn Campus

### Content

This two year, full time course will equip you with the competencies and underpinning knowledge to be successful in gaining employment in this rapidly expanding industry or advancement to higher education.

You will have the opportunity to work with organisations in the public, commercial or voluntary sector. There will also be an opportunity to gain additional industry recognised qualifications.

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, Fitness and Outdoor Education

## Entry Requirements

2 Highers including English or another English based subject; or relevant NC or NQ programme 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