

Advanced Certificate: Sport and Fitness (Fitness)

Fife College

Venues

Kirkcaldy (St Brycedale) Campus

Content

This course will introduce and develop the knowledge and skills required for progression to HN Fitness, Health and Exercise. This will include a range of practical and theoretical units encompassing Fitness Industry practice, knowledge of nutrition & exercise psychology, and conditioning for sport. The course also includes a certified National Progression Award in Exercise and Fitness Leadership.

You will study:

Planning Personal Fitness Exercise and Fitness; Circuits; Exercise and Fitness: CV Training; Exercise and Fitness: Fixed Weights; Exercise and Fitness: Free Weights; Nutrition and Health Research; Behaviour change; Sports Mechanics; Sporting Activity Volleyball; National Progression Award in Exercise and Fitness Leadership

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

4 subjects at National 5; or relevant national qualifications at SCQF Level 5. Interview.

You may 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

6

SCQF Points

«SCQFPoints»

Progression Routes

Relevant HNC/D

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Pittsburgh Road
Dunfermline
KY11 8DY

Website

www.fife.ac.uk