

Fitness, Health and Exercise

West College Scotland

Venues

Paisley Campus

Content

This course is designed to provide you with the underpinning knowledge, as well as the teaching and instructing skills for successful progression to degree level study or for employment within the fitness industry. The course includes your industry Personal Training Qualification. This course is recognised with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

You will learn about:

Applied Nutrition Assessment; Core Strength and Posture; Applied Fitness Prescription for Specialist Population Groups; Applied Fitness Assessment for Specialist population Groups; Metabolic Considerations for Personal Trainers; Current Exercise Trends.

On completion of the HND you will have the opportunity to join the Register of Exercise Professionals (REPS) at Level 3.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

HNC Fitness Health and Exercise. Entry subject to interview.

SCQF Level

8

SCQF Points

«SCQFPoints»

Progression Routes

Relevant Degree

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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