

## Fitness, Health and Exercise

West College Scotland

### Venues

Paisley Campus

### Content

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»

## Address

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PA3 4DR

## Website

[www.westcollegescotland.ac.uk](http://www.westcollegescotland.ac.uk)