Physical Activity and Health

Dundee and Angus College

Venues

Arbroath Campus
Gardyne Campus

Content

This course provides the knowledge and skills necessary to work as an exercise professional in various contexts. Specific aims of the HND are to increase awareness of the interdisciplinary nature of fitness and health and to develop skills in exercise application and leadership. This course will develop an understanding of the role of fitness, health and exercise in contemporary society and the need to involve participants fully in their own fitness and health development.

Delivery is split between Arbroath and Gardyne campuses.

Upon successful completion of the course learners may register themselves as a Level 3 Personal Trainer with CIMSPA.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

1 year

Department

Sport, Fitness and Uniformed Services

Entry Requirements

HNC Physical Activity and Health.

You will 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

8

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

«Address»

Website

www.dundeeandangus.ac.uk