

Exercise and Fitness Studies

Edinburgh College

Venues

Milton Road Campus

Content

If you have the ambition to work in the leisure industry as a fitness instructor this course is ideal. You'll gain formal qualifications allowing you to progress to further study on your path to your career in the industry. The course is intensive you'll participate in both theory and practical elements and develop a broad range of knowledge and basic skills in exercise and fitness.

During the course, all candidates will be given the option to discuss the most appropriate progression route for them where the focus is very much on giving candidates the skills required to progress to further study.

Course includes:

Planning personal fitness and fitness for others; Exercise and fitness programming theory; Basic nutrition; Anatomy and exercise; First aid; Resistance training; Instructor skills; Circuits and group exercise.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

3 subjects at National 4, preferably including English and a science subject. Interview and practical test.

SCQF Level

6

Website

www.edinburghcollege.ac.uk