

Exercise and Fitness Studies

Edinburgh College

Venues

Milton Road Campus

Content

Exercise and Fitness Studies is designed to channel your ambition to work in the leisure industry and allows you to take your first step towards a rewarding career as a fitness instructor. During this course you will gain formal qualifications needed for further study.

This is an intensive course and you will cover both theory and practical elements as well as develop a broad range of knowledge and basic skills in exercise and fitness. During the course you will be given the option to discuss the most appropriate progression routes for you. The focus of this course is on the individual and will ensure you have the skills and qualifications to progress to a further study course of your choice.

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. Practical and written test.

SCQF Level

Website

www.edinburghcollege.ac.uk