Fitness, Health and Exercise (subject to approval)

UHI Inverness

Venues

Inverness Campus

Content

The HND Fitness, Health and Exercise is designed to build on the HNC award and develop your skills and knowledge. You will advance your study of fitness, health and exercise activities and related areas and specifically increase awareness of the interdisciplinary nature of fitness and health and develop an understanding of the need to involve participants fully in their own fitness and health development.

You will be able to give ownership of programmes to individuals; enabling optimum customer service and develop and apply transferable exercise skills with specific populations.

On completion of this course you may also be eligible to apply to go on the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) register, therefore better preparing you for employment in the industry.

Start Date

September

Qualification

HND

Study Method

Part time (day)

Course Length

4 years

Department

Sports, Adventure and Tourism

Entry Requirements

HNC Fitness, Health and Exercise

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

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

1 Inverness Campus
Inverness
Highland
IV2 5NA

Website

www.inverness.uhi.ac.uk