

## Fitness, Health and Exercise

Glasgow Clyde College

### Venues

Anniesland Campus  
Cardonald Campus

### Content

This fitness, health and exercise course will give you the underpinning knowledge and practical leadership skills required to pursue a career in the fitness industry, mainly within leisure centres, and private Health clubs and/or progress into higher education including teaching.

Content:

Cimspa recognised level 2 gym instructor; Level 2 exercise to music (studio cycling/ETM); Nutrition; Gym/studio-based exercise; Exercise physiology and anatomy; Physical activity for children; Work experience; Research (graded unit 1).

If you successfully complete the core HNC units along the gym and/or exercise to music, you can also gain REPS Level 2.

### Start Date

August

### Qualification

HNC

### Study Method

Full time

### Course Length

1 year

### Department

Sport and Fitness

### Entry Requirements

1 Higher, preferably including an English based subject, or NQ Fitness, Health and Exercise (Level 6); or other relevant national qualifications at SCQF Level 6. Entry subject to interview and written test.

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

7

## SCQF Points

«SCQFPoints»

## Progression Routes

HND Fitness Health and Exercise. Employment in Fitness Industry.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

690 Mosspark Drive  
Glasgow  
Glasgow City  
G52 3AY

## Website

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