Fitness, Health and Exercise with Football

New College Lanarkshire

Venues

Broadwood Campus

Content

This course can help combine a love of fitness, with a playing background in Football into a nationally-recognised award. The course is designed to provide you with the underpinning knowledge, as well as the teaching and instructing skills for successful progression to HND-level study or for employment in the fitness industry. You will also have the opportunity to continue to enhance your football ability and utilise the knowledge gained on the course to develop your football performance.

The course involves study of Exercise Physiology and Anatomy, Exercise Principles and Programming, First Aid for Sport and Fitness, Health Screening, Nutrition, Health and Exercise, Exercise with Music, Core Strength and Posture training, Flexibility Training, Health and Safety Management, Working Effectively and Safely with Clients, Gym-Based Exercise and Fitness, Introduction to Research, Plan and Management of Personal Training, Health and Exercise: Graded Unit 1. Highly qualified staff will share current and relevant industry experience to motivate you to succeed.

Start Date

August

Qualification

HNC

Study Method

Full time

Course Length

1 year

Department

Sports and Physical Activity

Entry Requirements

2 Highers including 1 relevant subject; or NQ Sport and Fitness (Level 6); or other relevant national qualifications at SCQF Level 6. Interview may be required. Personal Statement is required.

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

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

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Website

www.nclanarkshire.ac.uk