

Personal Fitness Development (Level 6)

West Lothian College

Content

This course will give you practical and theory-based skills in fitness, health and sport. You will have the opportunity to lead fitness sessions with young people and work with a range of client groups.

The course includes:

Circuit training; Fixed and free weight-training; Volleyball; Basketball; Anatomy; Nutrition.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

3 subjects at National 5 including English. Interview and a short written test and fitness 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

6

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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