

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, work with a range of client groups and visits to external gyms including Hyrox, Yoga and Personal training facilities.

This course is all about getting you ready for success in the world of sport and fitness.

You'll dive into the latest trends, strategies, and philosophies shaping the industry, and learn how to plan, deliver, and evaluate key projects. Along the way, you'll build skills that are not only essential for sport and fitness careers but are also transferable to other fields.

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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