

Exercise and Fitness Instructor Course (with Nutrition for Physical Activity)

Edinburgh College

Venues

Granton Campus

Content

This course is designed to prepare you for employment in the exercise and fitness industry. You'll gain nationally recognised REPS and CIMSPA endorsed qualification as a Gym Instructor and Nutrition to Support Physical Activity. The course encourages you to develop the practical skills you need to become an instructor by delivering to your peer group and external participants in each discipline.

You'll learn about anatomy, physiology, group exercise, play in a sports environment, weight training and customer service to support these skills too. Whilst on the course there may also be the opportunity to sit a Lifeguard and First Aid Qualification to enhance your skill set even further. You'll be well prepared for employment with the potential to progress onto the HNC/D in Fitness Health and Exercise.

Content:

You will learn the practical skills and competencies in how to deliver a range of safe and effective exercise and physical activity sessions in the gym and fitness studio settings. You will gain a broad understanding of muscles, bones and energy systems, how the body responds to exercise, nutrition and healthy eating, how to encourage good lifestyle management and health awareness and how to provide a positive customer experience in the exercise and fitness environment.

In addition to this, there will be an opportunity to gain a recognised 1st Aid qualification and, for an additional fee, the potential to gain a pool lifeguard qualification.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

3 subjects at National 5, preferably including English and or a science subject, or perhaps a Higher. National 4 Biology would also be advantageous. Interview. Practical and written test.

SCQF Level

6

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

«Address»

Website

www.edinburghcollege.ac.uk