

Intro to Fitness, Health and Exercise

Glasgow Kelvin College

Venues

Springburn Campus

Content

This one year, full-time course will equip you with the skills and underpinning knowledge to gain employment in the fitness industry and allow you to advance HNC/D Fitness, Health and Exercise, HNC/D Sports Coaching & Development or HNC/D Adventure Sports Coaching and Development.

This course contains practical elements, which includes fitness sessions, which you must be physically fit to undertake.

Course topics include:

Communication, Fitness, Leadership, Human Anatomy and Physiology; Information Technology; Nutrition, Health and Wellbeing; Teamwork, Residential Experience, First Aid

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sport, Fitness and Outdoor Education

Entry Requirements

4 subjects at National 4 or equivalent. A passion for the exercise and health along with a good level of fitness is essential. All candidates will participate in a recruitment process.

SCQF Level

5/6

SCQF Points

«SCQFPoints»

Progression Routes

Relevant HND course or employment in the sport, health and leisure industry.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

123 Flemington Street
Glasgow
G21 4TD

Website

www.glasgowkelvin.ac.uk