

Exercise and Fitness Instructor Course

Edinburgh College

Venues

Sighthill Campus

Content

This course is designed to prepare you for employment in the Fitness Industry and is split into two halves. The first half includes the YMCA Level 2 Certificate in Gym Instructing - a nationally recognised CIMSPA endorsed qualification, whilst the second half is designed to prepare you to move up to HNC Fitness, Health and Exercise with the inclusion of further Instructor skills to enhance your skillset. You will develop the practical skills you need to become an instructor by delivering to your peer group in each discipline.

You'll learn about Anatomy and Physiology, Group Exercise, Nutrition, Circuit Training, Weight Training and Customer Service to support these skills too. You will be well prepared for employment with the added potential to progress onto HNC/D Fitness Health and Exercise.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

1 relevant Higher plus 3 subjects at National 5, preferably including English and a science subject. National 4 Biology would also be advantageous. Interview. Practical and Written Test.

SCQF Level

6

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

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Website

www.edinburghcollege.ac.uk