

Fitness and Physical Activity Award

Edinburgh College

Venues

Sighthill Campus

Content

If you are considering a career in the fitness industry and want to take the first steps towards that career, this course is an ideal start. You'll gain an introductory qualification allowing you to progress to further study and gain a broader understanding of the skills required in the industry.

The course is very practical in nature but you will also participate in theoretical elements. During the course, you will be given the option to discuss the most appropriate progression route for you.

What you will learn:

Assisting the delivery of an exercise session; Safe participation in physical activity; Introduction to health eating; First aid; Fitness programming; Resistance circuits and cardiovascular training; Core and essential skills in an exercise and fitness context; Understanding of the health and fitness industry.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

20 weeks

Department

Sport and Fitness

Entry Requirements

3 subjects at National 4 including English and/or a science subject. Appropriate experience would be helpful either from placements undertaken at school or other involvement in the industry.

SCQF Level

4

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

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Website

www.edinburghcollege.ac.uk