Physical Activity and Health (NextGen)

New College Lanarkshire

Venues

Broadwood Campus
Motherwell Campus

Content

This exciting course can help turn a passion for physical activity, fitness and health into a nationally recognised qualification. The course is designed to provide you with the underpinning knowledge to work within the ever-expanding physical activity and health industry, as well as the teaching and instructing skills for successful progression to HND-level study. There will also be the opportunity to gain additional career-enhancing industry qualifications as part of your study.

As part of your first year of study you will complete the following units:

Exercise Practitioner 1; Anatomy for Exercise and Human Movement; Health Promotion, Behaviour Change and Nutrition; Preparing to Work in the Physical Activity and Health Industry; Flexibility Training; Strength and Conditioning; Research for Physical Activity.

Start Date

August

Qualification

HNC

Study Method

Full time

Course Length

1 year

Department

Sports and Physical Activity

Entry Requirements

2 Highers including 1 relevant subject; or NQ Sport and Fitness (Level 6); or other relevant national qualifications at SCQF Level 6. Interview.

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

7

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

Town Centre
Cumbernauld
North Lanarkshire
G67 1HU

Website

www.nclanarkshire.ac.uk