

## Physical Activity and Health (NextGen)

New College Lanarkshire

### Venues

Broadwood Campus  
Motherwell Campus

### Content

This new and 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

Sport 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