

## Fitness, Health and Exercise (2nd year entry)

Glasgow Clyde College

### Venues

Cardonald Campus

### Content

This course is suitable if you already have HNC Fitness, Health and Exercise and would like to complete the HND award leading to the REPS recognised personal training award. It aims to top up your existing credits to 30 to gain the award and possible entry to various university courses, including teaching, and employment.

Subjects include:

Planning and instructing activities for all client groups; Preparing to start a business; Metabolic considerations for personal trainers; Plan and deliver personal training sessions; Current exercise trends; Applied nutrition; Applied fitness testing for special populations; Applied exercise prescription for special populations; Managing events; Research (graded unit 2).

### Start Date

August

### Qualification

HND

### Study Method

Full time

### Course Length

2 years

### Department

Sport and Fitness

### Entry Requirements

Relevant HNC. 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

8

## SCQF Points

«SCQFPoints»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

«Address»

## Website

www.glasgowclyde.ac.uk