Fitness, Health and Exercise

City of Glasgow College

Venues

City Campus

Content

This course is most suited to those with an interest in the fields of fitness, health and exercise. The framework has been developed to include industry recognition in the form of the endorsement by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

On successful completion, you'll be awarded Gym Instructor accreditation.

You study:

Exercise Physiology and Anatomy; Exercise Principles and Programming; Plan, Teach and Evaluate a Gym-based Exercise Session; Strength and Conditioning: An Introduction; Core Strength and Posture.

Start Date

August

Qualification

HNC

Study Method

Full time

Course Length

1 year

Department

Sport, Fitness and Sports Therapy

Entry Requirements

2 Highers including English or another English based subject; or relevant national qualifications at SCQF Level 6. Entry subject to interview.

SCQF Level

8

SCQF Points

«SCQFPoints»

Progression Routes

Degree courses in related areas; employment in sports clubs, private and public sports facilities, local authorities and government health and sport initiatives

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

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Website

www.cityofglasgowcollege.ac.uk