

Access to HN Fitness and Soft Tissue Therapy

Edinburgh College

Venues

Sighthill Campus

Content

This access course offers insight into the HNC Fitness, Health and Exercise award and the HNC Soft Tissue Therapy award. You will prepare for your chosen path by developing both your knowledge and practical skills over 18 weeks, with a view to a future rewarding career in the Fitness / Sports Therapy industry or a related University course.

What you will learn:

Anatomy and Physiology; Academic Study Skills; Exercise and Fitness Leadership; Nutrition, Health and Wellbeing; Introduction to Injury Rehabilitation; and, Introduction to Screening and Fitness Testing.

Start Date

January

Qualification

Other

Study Method

Full time

Course Length

18 weeks

Department

Sport and Fitness

Entry Requirements

1 relevant Higher plus 3 subjects at National 5 preferably including English and Biology, or relevant national qualifications at SCQF Level 5. Work experience from a placement is helpful but not essential.

SCQF Level

6

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

«Address»

Website

www.edinburghcollege.ac.uk