

Fitness and Gym Instruction (Level 1 Award)

Edinburgh College

Venues

Sighthill Campus

Content

If you are considering a career in the fitness industry and want to take the first steps towards that career, this course is an ideal start. You'll gain an introductory qualification allowing you to progress to further studies and gain a broader understanding of the skills required for the fitness industry.

This is a practical course, but you will also participate in theoretical elements. During the course, you will be given the option to discuss the most appropriate progression route for you.

What you will learn; Communication Skills; Introduction to Resistance Training; Emergency First Aid; IT skills; How the Body Works; Planning a Physical Activity Session; Assisting in Delivery of a Physical Activity Session; Employment Opportunities in the Sport and Recreation Industry.

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

3 subjects at National 4 including English and a science subject. Work experience would be useful.

SCQF Level

4

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

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Website

www.edinburghcollege.ac.uk