Physical Activity and Health

Glasgow Clyde College

Venues

Anniesland Campus
Cardonald Campus

Content

Dreaming of a career in the ever-expanding physical activity, fitness and health industry? Whether you'd like to take your own classes, become a personal trainer, a PE teacher or work in a gym, this course will give you the knowledge and practical leadership skills you'll need. You'll get experience with client groups on work placements, including children, people with additional support needs and sports-specific clients. The course is jointly certificated with SportScotland and the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). Gym Practitioner and other fitness qualifications are embedded within the course, including kettlebells, indoor cycling and boxercise.

During the course you'll cover the following units:

Training principles of exercise; Preparing to work in the physical activity and health industry; Anatomy and physiology for exercise and human movement; Health promotion, behaviour change and nutrition; Exercise practitioner; Strength and conditioning.

Start Date

August

Qualification

HNC

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

1 Higher in an English based subject, or NQ Fitness, Health and Wellbeing (Level 6), or other relevant national qualifications at SCQF Level 6.

SCQF Level

7

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

«Address»

Website

www.glasgowclyde.ac.uk