Fitness, Health and Exercise

Ayrshire College

Venues

Kilmarnock Campus

Content

Embark on an exciting journey in the fitness industry with this HNC Fitness, Health and Exercise course. In just one year, you may acquire the skills needed to excel in gym environments and be eligible for the following CIMSPA recognition: Gym Instructor/Practitioner, Group Exercise Instructor/Practitioner, Health Navigator, opening doors to a range of fulfilling career paths.

Prepare for a dynamic blend of practical and theoretical learning:

Gym based exercise sessions; Exercise physiology and anatomy; Flexibility training, core strength, and posture; Managing a sport/fitness event; Managing health conditions; Group Exercise; First aid for sport and fitness.

Start Date

August

Qualification

HNC

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

2 Highers or Advanced Sport and Fitness (Level 6) or other relevant national qualifications at SCQF Level 6. Entry subject to an interview process.

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

7

SCQF Points

«SCQFPoints»

Progression Routes

Progress to HND Year 2 Physical Activity and Health.

Start your career as a Gym Instructor, Fitness Suite Manager, Personal Trainer, Fitness Class Leader, Active Schools Coordinator, or in Sport/Health Promotion/Associated/Allied Health roles.

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

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Website

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