

Fitness, Health and Exercise (Uniformed and Emergency Services)

Ayrshire College

Venues

Kilmarnock Campus

Content

This comprehensive course is designed to equip you with the physical and mental capabilities essential for a successful career in the uniformed and emergency services. You will gain a deep understanding of exercise science, personal health, and wellness, with a strong focus on the physical and psychological demands of emergency service roles. Key areas include cardiovascular endurance, muscular strength, flexibility, and body composition - critical for tasks such as carrying heavy equipment, reacting quickly in high-pressure situations, and maintaining performance during extended shifts under stress.

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

Subjects at Higher 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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