

## 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»

## Address

Dam Park  
Ayr  
KA8 0EU

## Website

[www1.ayrshire.ac.uk](http://www1.ayrshire.ac.uk)