

Physical Activity and Health

Borders College

Venues

Galashiels/Scottish Borders Campus

Content

The HNC Physical Activity and Health course is designed for individuals passionate about promoting wellbeing and leading active lifestyles. This course combines practical skills with theoretical knowledge, giving you the expertise to support others in achieving their health and fitness goals. You will explore topics such as exercise science, nutrition and health promotion, while developing the ability to design and deliver tailored physical activity programs. Whether you aspire to work in community health, fitness instruction or progress to further study, this course provides a strong foundation for a rewarding career in the growing health and wellbeing sector.

HNC Physical Activity and Health also opens doors to diverse opportunities, from roles in sports development and personal training to pathways into degree level study.

Qualification

HNC

Study Method

Full time

Course Length

36 weeks

Department

Sports and Exercise

Entry Requirements

2 relevant Highers, or relevant national qualifications at SCQF Level 6. Interview.

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

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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Website

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