

## Fitness, Health and Exercise

New College Lanarkshire

### Venues

Broadwood Campus

### Content

This course deepens the knowledge and widens the experience gained during HNC-level study. It offers the opportunity to research and apply your knowledge of current issues in the fitness industry and prepares you for employment in a company or for self-employment in an exciting and varied workplace.

The course involves study of Applied Exercise Prescription for Special Population Groups, Fitness Assessment and Nutrition for Specialist Population Groups, Current Exercise Trends, Metabolic Considerations for Personal Trainers, Deliver Personal Training Sessions, Work Experience/Placement, Plan, Teach Group Exercise to Music, Preparing to Start a Business, Health and Exercise: Graded Unit 2. Optional units may vary across campuses.

Delivering Personal Training Sessions, Planning and Management of Personal Training, Metabolic Considerations for Personal Training, Core Strength and Posture form an integral part of a PDA, which is recognised with CIMPSA. There will also be the opportunity to gain additional career-enhancing, industry-recognised qualifications.

### Start Date

August

### Qualification

HND

### Study Method

Full time

### Course Length

1 year

### Department

Sports and Physical Activity

### Entry Requirements

HND Fitness, Health and Exercise.

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

8

## Progression Routes

«ProgressionRoutes»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Town Centre  
Cumbernauld  
North Lanarkshire  
G67 1HU

## Website

[www.nclanarkshire.ac.uk](http://www.nclanarkshire.ac.uk)