

Physical Activity and Health

UHI Moray

Venues

Main campus

Content

Do you want to inspire healthier lifestyles and make a real impact on your community? Could you create meaningful experiences that help others build strength, confidence, and wellbeing?

Our HNC Physical Activity and Health is your chance to shape a future that moves people and ideas forward. Learn in a way that centres your needs, building your knowledge of exercise programming, strength and conditioning, nutrition, and behaviour changes. Develop the skills to understand how physical activity supports healthier lives, and apply that knowledge in practical, real-world settings, strengthening your confidence as you explore how lifestyle choices shape long-term wellbeing.

Gain hands-on experience by working directly with employers across the physical activity, health, and sport sectors. Step into industry environments, connect with professionals, and grow your network while developing skills that support your career ambitions.

Whether you are leaving school, returning to education, or looking to progress in your current role, you'll find opportunities to expand your knowledge and move forward with purpose as you engage with local schools and communities, raise awareness of health and activity, and gain access to a wide range of careers and further study pathways.

Start Date

September

Qualification

HNC

Study Method

Full time

Course Length

1 year

Department

Science, Nature and the Environment

Entry Requirements

2 Highers, English, Physical Education or Science preferred; or relevant national qualifications at SCQF Level 6

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

Relevant HND or BSc Sport and Fitness

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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Website

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