

Fitness, Health and Exercise

City of Glasgow College

Venues

City Campus

Content

This course is most suited to those with an interest in the fields of fitness, health and exercise. The new framework has been developed to include industry recognition in the form of the endorsement by the Register of Exercise Professionals (REPS).

Year 1:

Exercise Physiology and Anatomy; Exercise Principles and Programming; Plan, Teach and Evaluate a Gym-based Exercise Session; Flexibility Training; Strength and Conditioning: an introduction.

Year 2:

Applied Exercise Prescription; Applied Nutrition; Core Strength and Posture; Current Exercise Trends; Metabolic Considerations.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

2 years

Department

Sport, Fitness and Sports Therapy

Entry Requirements

2 Highers including English or another English based subject; or relevant national qualifications at SCQF Level 6. Entry subject to interview.

SCQF Level

SCQF Points

«SCQFPoints»

Progression Routes

Degree courses in related areas; employment in sports clubs, private and public sports facilities, local authorities and government health and sport initiatives

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

City Campus
190 Cathedral Street
Glasgow
G4 0RF

Website

www.cityofglasgowcollege.ac.uk