

Health & Wellbeing

Exercise & Fitness Leadership

National Progression Award Level 6



Course Length	1 Year
Entry Requirements	National 5 PE or NPA 5 Team & Individual Sports
Intended Audience	S5-S6
Number of Units	3
Assignment/ Added Value Unit	YES
Course Exam	NO

Course Description

This course is designed to develop your knowledge and understanding of the fitness industry. You will explore current training philosophies such as the effects of Cardiovascular Training, Circuit training & Free Weights Training. Completing this course will gain access to HNC courses if you wish to pursue a career in Principal Training & Fitness.

Expectations for Homework

Regular homework will be issued to assist in the completion of assessments.

Skills Focus



Additional Course Information

There is no external exam for this course.

There is a theoretical element to this course which will involve classroom work each week.

You will gain access to exciting new facilities in the Cardio Room, Weights Room and access to the Spin Suite.