



North Highland College University of the Highlands and Islands

NPA Exercise & Fitness – Higher (SCQF 6)

Overview of course

Students will study four exercises and fitness units including cardiovascular, fixed weight training, free weight training and circuit training. The course is designed to equip them with the skills, knowledge and understanding to allow them to progress further within the area of sports coaching, fitness, personal training and rehabilitation.

Entry requirements/criteria

- Five passes at national 5 level which must include English or a literary subject
- Satisfactory reference
- Demonstrate a proven interest in exercise and fitness

Additional attributes North Highland College UHI would look for

Some prior knowledge of the health and fitness industry will be advantageous for students undertaking this course but this is not essential.

Students will be expected to -

- Be prepared to work hard all session
- Catch up on work missed if they are absent
- Ask for help if they need it
- Complete homework task when set
- Submit homework on time
- Complete homework to a high standard
- Revise throughout the session
- Access and use the virtual learning environment (blackboard)

Therefore, the following attributes and skills are important for applicants –

- Motivation for learning
- Commitment to take personal responsibility for learning
- Confidence to ask questions
- Dedication to completing work out with class
- Basic IT skills
- Independent study skills

What can students do after this course?

On attainment students can progress onto the NQ Sport, Fitness and Health full time course, or if they achieve the required Highers, the BSc (Hons) Sport and Fitness degree.

Additional information on this course for Guidance Teachers

Each of the four topics (cardiovascular training, fixed/free weight training and circuit training) is comprised of a written theory paper and a practical assessment. In order to pass each unit students need to pass both of the assessed aspects. Students will be integrated into the full-time NQ Sport, Fitness and Health class for this particular unit where numbers allow in order to give the group a greater learning experience.