

FOUNDATION DEGREE (FdA) HEALTH, FITNESS AND PERSONAL TRAINING

This is a University of Luton Course delivered at Dunstable College

This course has been designed to marry relevant and current underpinning scientific knowledge with recognised vocational qualifications and practices. You will be given the opportunity to develop generic personal and professional interpersonal skills in the context of work-based environments. You will gain other value-added enhancements such as coaching qualifications (such as gym instructor qualifications gained through the YMCA). The course incorporates work experience for two to three months.

Progression

Successful completion of the course enables you to progress to the final year of a subject-related degree at university.

Alternatively, the course prepares you for careers as a gym and fitness instructor, personal trainer, exercise specialist in GP referral schemes, fitness advisor in the emergency services and corporate sector.

Entry requirements

Applicants will need a Level 3 sports-related

qualification or A' Level PE/Sports. Mature students with appropriate work experience will also be considered.

Assessment

Assessment varies for each unit, but will include case study, practical tasks, projects, assignment and examinations.

Start date

October

Duration

Two years, full-time with work-based learning as part of the programme.

This course is also offered as a part-time programme.

How to apply

Either direct to Dunstable College or via UCAS.

Course codes

University of Luton course code: C600

University of Luton institution code: L93

Institution name: LUTON

Campus code: C

Dunstable College code: 14100

