

Sport

Diploma in Exercise Referral

Campus: North Notts College - Worksop Campus

Code: NFESP006

Level: 3

About This Course

The Level 3 Diploma in Exercise Referral is designed to provide learners with an in depth understanding of the knowledge required to ensure safe and effective exercise programming for patients with a number of medical conditions, as well as common reasons for referral onto a community-based exercise referral scheme.

What Will I Study?

You will study a range of topics, including:

- Anatomy and physiology for exercise and health
- Professional practice for exercise referral instructors
- Understanding medical conditions for exercise referral
- Applying the principles of nutrition and physical activity
- Planning exercise referral programmes with patients
- Instructing exercise with referred patients

Why Study Here?

On this course, you will:

- Learn from industry-experienced and well-qualified tutors who have spent many years in the Fitness Industry and have specialist qualifications and knowledge to bring to their teaching
- Access the state-of-the-art facilities and equipment
- Acquire new skills and enrichment specific to the Fitness Industry

Entry Requirements

- GCSE English and Maths grade 4 (C) or
- Functional Skills Level 2 in English and Maths

How To Apply

You can apply by using our online application form and clicking the **Apply** button at the top of this page. For more information or support, please contact Student Services by emailing contact@nnc.ac.uk [mailto:contact@nnc.ac.uk] or by calling **01909 504500**

What Courses Can I Progress Onto?

- Level 4 Exercise for the Management of Lower Back Pain
- Level 4 Exercise and Nutritional Interventions for Obesity and Diabetes

Tuition Fees

16-18 year olds do not need to pay course fees. Those aged 19 or over may not need to pay fees depending on their circumstances.

To find out if you qualify or if you need further advice, please contact the Enquiries Team on : 01909 504500.

PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2024-25. However, we do reserve the right to make changes if necessary..

Last updated: 31st July 2025