

## Smart Moves: Managing Fitness and Lifestyle for Success

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This course provides an introduction to health and wellbeing, exercise and activity. Whether you're looking to start your journey into working in the fitness and active leisure sector, or just want to improve your own lifestyle, then this is the course for you.

When does this start and end?	What are the entry requirements?	Need more information?
<p>We have 2 different start dates for this course:</p> <ul style="list-style-type: none"><li>• 23 March 2026 - 25 March 2026</li><li>• 4 November 2025 - 6 November 2025</li></ul>	<p>No formal qualifications are required to study this course. Learners will be required to take part in physical activity and should be prepared to partake fully.</p>	<p>You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us <a href="mailto:courses@northern.ac.uk">courses@northern.ac.uk</a></p>

### What can this course lead to?

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Learners can progress on to higher level courses to continue their fitness and active leisure journey.

Entry 3 Award in Sport, Fitness and Active Leisure

### Want to learn more?

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You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

## Course session dates

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Session dates for 23 March 2026 - 25 March 2026

- Monday 23 Mar 2026 to Wednesday 25 Mar 2026

Session dates for 4 November 2025 - 6 November 2025

- Tuesday 04 Nov 2025 to Thursday 06 Nov 2025

**Last updated:** 10th September 2025