

## Feel Good: Live Well

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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?

We have 3 different dates for this one-day course:

- 16 January 2026
- 20 March 2026
- 12 September 2025

### What are the entry requirements?

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

### Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us [courses@northern.ac.uk](mailto:courses@northern.ac.uk)

## 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.

Let's get moving: Exercise and everyday wellness

Smart Moves

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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This is a one-day course for

- 16 January 2026
- 20 March 2026
- 12 September 2025

**Last updated:** 3rd September 2025