

# Community & Social Action

## Lets Get Moving: Exercise and Everyday Wellness

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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 2 different start dates for this course:

- 8 October 2025 - 10 October 2025
- 10 February 2026 - 12 February 2026

### 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.

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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Session dates for 8 October 2025 - 10 October 2025

- Wednesday 08 Oct 2025 to Friday 10 Oct 2025

Session dates for 10 February 2026 - 12 February 2026

- Tuesday 10 Feb 2026 to Thursday 12 Feb 2026

Last updated: 14th September 2025