

Community & Social Action

Lets Get Moving: Exercise and Everyday Wellness

This course provides an introduction to health and wellbeing, exercise and activity.

When does this start and end?	What are the entry requirements?	Need more information?
<ul style="list-style-type: none">• 22 June 2026 - 24 June 2026	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.	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

Course description

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.

What can this course lead to?

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?

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

Session dates for 22 June 2026 - 24 June 2026

- Monday 22 Jun 2026 to Wednesday 24 Jun 2026

Last updated: 10th June 2026