



Fitness Pathway

Entry Level 3  
Understanding the Health  
and Fitness Industry  
Credit: 1 | GLH: 10

Level 1  
Assist in the Delivery  
of an Exercise Session  
Credit: 2 | GLH: 10

Healthy Eating Pathway

Level 1  
Healthy Eating  
Credit: 2 | GLH: 20

Level 2  
Healthy Eating in  
Personal Development  
Credit: 2 | GLH: 20

Level 1  
Exercise and Fitness Knowledge  
(EFK)  
Credit: 2 | GLH: 10

Level 1  
Participate in Physical Activity  
in the Fitness Environment  
Credit: 2 | GLH: 10

Level 1  
Exploring Personal Fitness  
Credit: 2 | GLH: 10

 Mandatory

   Optional