



## **Level 3 Extended Diploma in Sport & Physical Activity (Sport & Exercise Science)**

### **Study Type**

Full Time

### **Course Area**

Sport & Sport Science

### **Course Duration**

2 years.

### **Entry Requirements**

Five GCSEs at grade 9-4 including English and Maths, or a full Level 2 qualification with a Merit profile and grades 9-4 in GCSE English and Maths.

### **Course Information**

This course provides you with the opportunity to study various aspects of the diverse and ever-changing industry of sport and physical activity. There is an emphasis on learners initially gaining a sound understanding of core subjects within the field of sport and exercise science and then to focus your studies on particular areas of specialism for careers such as fitness instructing, sports coaching or sports therapy in your second year.

The course is a stimulating combination of practical and theoretical work.

During your course, you will study a number of specific units including:

- Principles of anatomy and physiology
- Planning a career in sport and physical activity
- Fitness testing for sport and exercise
- Fitness training and programming
- Sports nutrition
- Psychology for sports performance
- Practical team sports and individual sports
- Sports injuries
- Work experience in a sport-related setting.

Learners will also undertake optional study units and additional professional qualifications (dependent on career aspirations) as well as industry-related work experience. You will also be encouraged to take part in a range of volunteering opportunities and enrichment activities. Learners who have a keen interest in football can also join the Football Academy.

## **Progression**

You could progress on to university to study for a degree or the HNC/HND in Sport and Exercise Science at Fareham College or you could enter directly into a career within the field of sport and exercise science.

## **Ucas Points**

48 - 168