



Level 4/5 Higher National Certificate/ Diploma in Sport & Exercise Science

Study Type

Higher Education

Course Area

Sport & Sport Science

Course Duration

Higher National Certificate 1 year, Higher National Diploma 2 years .

Entry Requirements

Five GCSEs at grade 9-4 including English and Maths or equivalent. Level 3 qualification in Sport or a Sport related subject (equivalent to 72-96 UCAS points) or an Access to HE in a sport related subject.

Course Information

The field of sport and exercise Sciences is a diverse one with many different pathways in which to specialise. The structure of the qualification will aim to give the learner not only a broad understanding of the core disciplines within sport and exercise sciences , but sufficient knowledge for those who aspire to be employed in a variety of types of work such as, performance analysis, sports therapy and rehabilitation, nutrition and dietetics, sports coaching and education or even research-based careers.

This course provides learners with an introduction to sport and exercise science at undergraduate level equipping learners with skills, knowledge and understanding to achieve high performance in the sport and exercise science sector.

During the HNC/HND you will be taught the knowledge of the basic concepts of Sports and Exercise Science by completing a total of 8 units covering topics such as: /

- Nutrition /
- Sport and exercise psychology /
- Anatomy and physiology /
- Professional skills /
- Physical activity, lifestyle and health /
- Sports injury prevention and massage.

Throughout the course students will be required to communicate accurately through carrying out written assessments and presentations on topics which will be formatively and summatively assessed. Transferable skills and employability qualities will be developed through taking part in team working skills as well as independent activities which in turn develops essential skills required for working effectively in this sector.

Work experience is a fundamental aspect of developing effective professional experience and therefore there is a requirement to complete work related activities within the sector.

This qualification has been developed and is recognised by The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). This course is assessed using a combination of internally assessed assignments as well as one externally assessed 'set assignment'. Assignments will require a variety of assessment activities such as essays, mini exams, academic posters, presentations, reflective journals as well as creation of documents such as financial or planning documents.

Progression

Students will be able to progress onto a 1 year top-up at selected UK universities to complete a full Honours degree (BSc or BA) in a Sport and/ or Exercise Science related discipline such as the BSc (Hons) in Sports Coaching or BSc (Hons) in Sports Management at the University of Portsmouth.