

SPORT & EXERCISE SCIENCE

If you're passionate about sport and want to understand what drives performance, this one-A Level equivalent course is a great starting point. Over two years, you'll study scientific theory and apply it to real-world sport, health, and fitness. The course complements other Level 3 studies and covers key areas like functional anatomy, sports psychology, and coaching showing how body and mind work together in sport. You'll connect theory with practice through engaging, hands-on learning. Whether you're an athlete, coach, or sport enthusiast, this course brings science to life. It's ideal for students aiming for careers in sport, health, or fitness or anyone wanting a dynamic, active subject alongside their other studies.

Specific course entry requirements

College Entry: Although not a requirement for entry onto the course, it is preferred that students achieve a minimum of 4,4 in Science.

How will I be assessed?

You'll build a portfolio over two years, covering four units:

- 1 Exam (externally assessed)
- 1 Written Task (externally assessed)
- 2 Coursework Units (internally assessed)

This mix of assessment styles helps you apply theory and develop practical skills

What will I study?

Year 1 – External Assessment

- Unit 2: Functional Anatomy – Learn how body systems support movement and performance.
- Unit 3: Sport & Exercise Psychology – Explore how mindset affects athletic success.

Year 2 – Internal Coursework

- Unit 6: Sports Coaching – Plan, deliver, and evaluate coaching sessions.
- Unit 10: Physical Activity for Individuals & Groups – Design tailored exercise programmes using your knowledge of anatomy, psychology, and coaching.

This course blends science and practice to prepare you for sport-related careers.

Where will this course lead me?

This course is a great launchpad for careers or further study in sport, health, and fitness.

Students often progress into areas like:

- Health & Fitness
- Sports Science
- Nutrition
- Sports Rehabilitation
- Sports Development
- Coaching

With this qualification, you'll have the flexibility to explore a wide range of roles in the sport and exercise industry.