

SPORT & EXERCISE SCIENCE

If you're passionate about sport and curious about the science behind elite performance, this course is for you. This hands-on diploma goes beyond playing sport. You'll explore anatomy, psychology, nutrition, biomechanics, and fitness testing, applying theory to real-world scenarios. Students enjoy tailoring assessments to their sport specialism, whether in performance or coaching. It's a great way to deepen your understanding and improve your practice. Perfect for careers in sports science, coaching, therapy, or personal training, this course gives you the skills and confidence to take your next step.

Specific course entry requirements

College entry. Please note: 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 complete a portfolio over two years, covering 13 units:

- 2 Exams (externally assessed)
- 2 Written Tasks (externally assessed)
- 9 Coursework Units (internally assessed)

This mix of theory and practical work helps you build a strong foundation for future study or employment.

What will I study?

Over two years, you'll complete 13 varied units covering the science of sport and performance. Topics include Functional Anatomy, Sport & Exercise Psychology, Sports Injuries, and Biomechanics.

Learning is active and applied – through practical tasks, investigations, and assignments. You'll build a strong portfolio through internal and external assessments.

Assignments are set regularly, so time management is key. With commitment and passion, you'll thrive in this engaging and rewarding course.

Where will this course lead me?

This diploma opens doors to careers and degrees in:

- Sport & Exercise Science
- Sports Therapy
- Physiotherapy
- Strength & Conditioning
- PE Teaching
- Sports Nutrition

It also prepares you for apprenticeships in personal training, fitness instruction, and sports massage.

With its scientific focus and transferable skills, this qualification is respected across sport, health, and wider industries.