WAKEFIELD COLLEGE COURSE INFORMATION:

FdSc Sports Coaching and Exercise Sciences

SPORT
Wakefield College

Course Overview

Whether you're a community coach wanting to develop your abilities or an aspiring coach to elite athletes, this course will put your knowledge into practice and ensure you help people participating in sport achieve their full potential.

This may involve supporting professional sports people, sports teams, community teams, or school groups and working closely with them to improve their individual and group performance. The programme includes sport science and coaching modules to ensure you have a good understanding of the theory that underpins sports performance. Employability is a key theme of the programme and the team are currently working closely with many professional teams such as Wakefield Trinity, Castleford Tigers and a number of key providers for students to undertake voluntary work to complement their academic programme.

What You Will Study

Modules studied can include:

- Foundations of Sport and Exercise Psychology (20 credits)
- Strength and Conditioning (20 credits)
- Foundations of Nutrition (20 credits)
- Skills coaching (20 credits)
- Coaching Young Performers (20 credits)
- Research and Investigative Project (20 credits)
- Nutrition for Sport Performance (20 credits)

Attendance Expectations

You will attend college two days per week.

How You Will Be Assessed

The programme includes a varied range of academic and vocational assessments designed in line with employer consultation to provide you with the key skills and attributes necessary for working within the sports coaching industry. These include: group presentations, portfolios, laboratory work, progress files, simulations, blogs, and open-book examinations.

START DATE
September 2026

LEVEL
Level 5

STUDY MODE
Full-time

DURATION
2 years

AWARDING BODY
University of Hull

LOCATION
Wakefield College

For further information about this course, including Entry Requirements, Assessments and Further Study, scan the QR code.

Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email **courseinfo@heartofyorkshire.ac.uk**.

To learn more about Wakefield College, our facilities and how we can support you please visit our website **www.heartofyorkshire.ac.uk**.

Quick Links

How to Apply

Student Support

Virtual Tours

Wakefield College

Entry Requirements

Under current UCAS system: 48 UCAS Points (120 UCAS Points previous system), including GCSE Grade 9-4 or equivalent in English Language and Maths. Alternatively, An Access to HE Qualification.

Those with previous experience or learning that is relevant may be eligible via our APL process for accreditation towards this course. All external applicants must complete a satisfactory interview.

Fee Information

Further Study

Students successfully completing the Foundation Degree in Sports Coaching and Exercise Sciences can continue internally onto a Level 6 top up degree in BSc Sports Coaching and Exercise Sciences. Students can also progress onto a Level 6 top up degree externally in a relevant discipline.

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