SELBY COLLEGE COURSE INFORMATION:

# Level 3 Sport & Exercise Sciences

SPORT

| START DATE | LEVEL |
|---|---|
| September | Level 3 |
| **STUDY MODE** | **DURATION** |
| Full-time | 2 years |
| **AWARDING BODY** | **LOCATION** |
| Pearson BTEC | Selby College |

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

## Course Overview

The role and impact of Sport Science in sport has seen a revolutionary development over the last decade. With the issue of participation in physical activity high on the political agenda and high-performance sport embracing science more than ever before, the scope and demand for applying sport and exercise science is ever growing. Our outstanding teaching team, well-equipped specialist teaching labs and sporting facilities will provide you with an opportunity to learn the fundamentals of sports science and prepare you for a rewarding career in professional sport, health promotion, teaching or physiotherapy to name a few.

## What You Will Study

The course has been structured to support both progression into higher education whilst providing key skills that are appropriate and consistent with current vocational needs.

Over your two years you will study 13 modules, seven of which are mandatory and four are external.

Modules include:

- Functional Anatomy
- Sport and Exercise Physiology
- Sport and Exercise Psychology
- Coaching for Performance and Fitness
- Nutrition for Sport and Exercise Performance
- Sports Injury
- Sports Massage

Upon completion you will achieve a BTEC National Extended Diploma in Sport and Exercise Science (equivalent to three A-Levels).

## How You Will Be Assessed

You will be assessed on a continuous basis through a variety of assessment methods ranging from external examinations and controlled assessment, written reports, presentations, case studies and practical assessments.

## Entry Requirements

5 GCSEs at Grade 9-4, including English and Maths AND Science or PE.

## 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 Selby 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**

Selby College

## Further Study

Last year, 94% of our students successfully gained places at some of the most reputable universities in the country to study a variety of sport specific programmes, including physiotherapy, sport and exercise science and physical education. Students have gone on to have successful careers within the teaching sector, nutrition, and physiotherapy amongst many others.