

What is the course about?

The course covers a wide variety of topics related to sports and the sports industry. Practical participation and coaching in sport are included within the course. It will allow students to develop the skills, knowledge and understanding to deliver sport and physical activity to an individual or group of participants; plus identify those who would benefit most from participation, select which sport or physical activity would be best for them, and how to organise, co-ordinate and facilitate different events or programmes of activity that allow people to actively engage in and enjoy sport and physical activity.

Course content

Units of study include:

- Performance analysis in sport and exercise
- Improving fitness for sport and physical activity
- Body systems and the effects of physical activity
- Sports coaching and activity leadership activity
- Organisation of sports events
- Biomechanics and movement analysis
- Physical activity for specific groups
- Nutrition and diet for sport and exercise
- Health and fitness testing for sport and exercise
- Sport and exercise psychology and sociology

Assessment

There are four examined units with the remainder being coursework.

Career pathways

Study sport-related degree courses at higher education. The course carries up to a maximum of 168 UCAS Tariff points.

Employment opportunities: sport development officer, community sport officer, senior sports coach, senior activity leader, sports coaching, sports physiotherapy, leisure centre management.

Entry criteria

Minimum of five 5 to 9 grades at GCSE.