

HND Sport and Exercise Science (UCAS INFORMATION)

Department	HEALTH AND HUMAN SCIENCE
Awarding Body	PEARSON
Course Name	N/A
Full-time Duration	1 year
Course Code	C007
Course Name	HND Sport and Exercise Science
Full-time Annual Fee	£6,360
Entry Requirements	Completion of HNC in Sport and Exercise Science (Coaching Science) 120 credits.
Study Location	University and Professional Development Centre, 73 Western Way, Bury St Edmunds West Suffolk College, Out Risbygate, Bury St Edmunds UK
Course Information (Max 4000 characters)	<p>Embark on a dynamic journey into the world of Sport & Exercise Science with our BTEC Higher National qualification. Designed for those who seek practical, hands-on learning experiences, this qualification offers a comprehensive study of the Sport & Exercise Science sector, opening doors to a wealth of exciting career opportunities in the field.</p> <p>At the heart of our program is the goal to equip you with the skills and knowledge necessary to thrive within the sport and active leisure industry. We understand the importance of being able to operate effectively, efficiently, and in alignment with current industry practices. Whether you aspire to advance your current career or kickstart a new one, our course is tailored to prepare you for the challenges and opportunities that lie ahead.</p> <p>Our approach is all about hands-on learning. We believe that practical experience is the key to unlocking your potential and ensuring you're ready to make a meaningful impact in your chosen field. Our emphasis on work experience placements means you'll have the chance to apply your knowledge in real-world settings, gaining invaluable insights and skills that will set you apart.</p>

When it comes to coaching, education, and instruction, we recognise the diverse needs of the industry. While our course team boasts expertise in both performance-focused and participation-oriented approaches, our ethos leans toward fostering inclusion and enabling participation. We understand the importance of creating an environment where everyone, regardless of their background or ability, can enjoy the benefits of sport and exercise.

What sets our program apart is its unique focus on practical skills and understanding. We bridge the gap between theory and application, ensuring that you graduate not only with a solid knowledge base but also with the practical skills and understanding necessary for the job market. This approach addresses a crucial gap in the market, where many institutions concentrate on sports science theory without preparing students for the roles available in the industry.

Sport and physical activity are constantly evolving, and our course reflects this dynamic nature. We are committed to keeping you up to speed with the latest industry trends and changes. This means you'll graduate with the adaptability and knowledge required to thrive in this fast-paced and ever-changing field.

HECOS Codes

100098 - Sports Studies

Assessment Methods (Max 4000 characters)

A variety of assessment methods are used which include written reports, written assignments, literature reviews, group presentations, and the compilation of a learning journal.

Modules (Max 4000 characters)

- Research Project

The unit provides an opportunity to engage in sustained research in a specific field of study related to your career aspirations and interests.

- Advanced Coaching

The unit challenges you to analyse the environment of performance coaching from a pedagogic and multi-disciplinary support service

perspective, utilising theory and technology to improve performance in your chosen sports.

- Performance Analysis

You will gain an understanding of performance analysis within sport and how it is used to aid development. You will engage in research to analyse performance, to create a performance profile, practically analyse performance, and carry out a post-event analysis to provide feedback.

- Talent Identification and Development

You will gain knowledge and understanding of talent identification and development in sport, with the capability to review the effectiveness of talent identification and development programmes, and identify

factors that impact on success.

- Sport and Exercise for Specific Groups

On completion of this unit, you will be able to demonstrate knowledge of the different specific client groups and the barriers to their involvement in sport and exercise.

- Physical Education and School Sport

This unit develops your subject, curriculum and pedagogical content knowledge in the context of Physical Education and school sport. It introduces you to the safe and effective teaching of Physical Education and school sport in both the school and wider community environment.

- Strength and Conditioning for Coaching

This unit aims to develop your underpinning knowledge of the foundations of strength and conditioning, the application of different types of specific methods of training and the underlying theories of sports programming.

**Additional Potential Costs
(Max 4000 characters)**

Additional costs may include the purchase of core texts – we acknowledge individuals may prefer hard copy core texts for annotation and reference.

You may need to apply for an enhanced DBS Check.

There may be additional costs for optional external trips and visits. Costs will be dependent on travel and admission tariffs at the time.