

## Sport

### Foundation Degree (FdSc) in Sport Science

**Campus:** Retford Post 16 Centre

**Code:** NHESP001#

**Type:** Full Time

The Foundation Degree (FdSc) in Sport Science is ideal for individuals who wish to further their career in the sport, fitness and exercise industry.

You will develop both your practical and theoretical knowledge of coaching and fitness as well as covering contemporary units such as coaching active lifestyles, special populations, psychology and innovative and exclusive delivery.

#### Why Study With Us?

On this course you will have access to our excellent sports facilities which include:

- A fully commercial, on-site sports centre (DVC Sports)
- FIFA 2-star accredited 3G Astro turf pitch
- Multisport cages
- Full-size grass football pitches
- Sports hall
- State-of-the-art fitness suite

We use a wealth of sporting equipment and technology used by professional sports clubs including a sports GPS system, timing gates and various other technological equipment used to measure fitness and performance.

#### Modules Covered

- Exercise Physiology
- Gym Instruction
- Coaching Active Lifestyles
- Personal and Professional Development
- Psychology

- Sports Coaching Foundation
- Advanced Trainer
- Coaching in Sport
- Informed Research
- Nutrition
- Human Assessment
- Special Populations

## Entry Requirements

- GCSE English and maths at grade C/4 or above or equivalent
- An enhanced Disclosure and Barring Service (DBS) check (formerly an enhanced Criminal Records Bureau check) is a mandatory requirement

Plus one of the following:

- Access to Higher Education(HE) Diploma from a recognised HE course
- 48 UCAS points

## How To Apply

You can apply using our online application form and clicking the **Apply Now** button at the top of the page.

## Career Opportunities

Upon successful completion of this course you could go into employment as a Sports Coach, Performance Coach, Fitness Centre Manager, Sports Development Officer and many more.

With further study you could also progress into employment in teaching or sports analysis.

### PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2023/24. However, we do reserve the right to make changes if necessary.

**Last updated:** 6th March 2023