

Entry Requirements:

Holy Family Sixth Form entry requirements apply. There is no requirement to have studied this before.

The Learning:

The course is split into four components with two units covered in each year of study. Students will be assessed through both exams and coursework, with an exam and coursework in each year.

Unit 1 – Anatomy and Physiology. Students will cover the different body systems including the skeletal, muscular and cardiovascular systems as well as the different energy systems and understand the relationships between them.

Unit 2 – Fitness Training and Programming for Health, Sport and Well-being. Students will learn about lifestyle factors, methods of training and fitness programme design to apply their knowledge to a case study in the exam.

Unit 3 – Professional Development in the Sports Industry. Students will research the opportunities available to work within the sports industry and complete a recruitment process to show their understanding.

Unit 7 – Practical Sport. Students will cover badminton as an individual sport and a team sport of their choice. Alongside their practical performance, students will create a portfolio of rules, tactics and an evaluation of their performance.

What direction this course might take you in:

This course is suitable for those students who are looking into studying a sports related degree at University or for future employment in the Sports Industry. Possible career opportunities include physiotherapy, sports journalism, teaching, sports management, the police or a personal trainer.