



City of Sunderland College

# ***BTEC National Diploma in Sport Studies***

## Length of course:

2 years, full time

## Who is the course for?

Those contemplating careers in the Leisure and Recreation sector and in particular the rapidly expanding health and fitness industry

## What do I need?

- 4 GCSE Grade C or above or a GNVQ Intermediate qualification.
- Or equivalent overseas qualification.
- An English ability of the equivalent of IELTS 5 is also required of overseas applicants.

## What will I study?

You will study a variety of modules Core Units: Scientific Principles for Sport and Exercise, Sport and Exercise Science Project, Sport and Exercise Psychology, Exercise Physiology, Skill Acquisition, Practical Sport Coaching, Option Units Biomechanics, Sports Injuries, Fitness Testing, Practical Sports Performance, Social Factors in Sport and Exercise, Technological Developments in Sport, Physiological Factors in Sport and Exercise, Sports Development, Training and Fitness, Land-Based Outdoor Skills, Specialist Units Anatomy for Sport and Exercise, Nutrition for Sport and Exercise

## How is the course assessed?

Students must keep a portfolio of all year one and year two assignments for the purpose of moderation. Two units will be assessed externally via an Integrated Vocational Assignment. Each unit will be graded as Pass, Merit or Distinction.

## What else will I do?

Coaching awards in a variety of sports will be covered throughout the course; Duke of Edinburgh Awards Community Sports Leader's and Hanson Awards

## What will I achieve?

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## What can I do afterwards?

Students can progress to Higher Education or to employment in the Leisure and Recreation sector. There are good opportunities in the Health and Fitness industry (health clubs, sports centre, etc) and in Community Health Programmes run by Local Authorities

## Special Notes:

A keen interest in and an enthusiastic approach to sport are essential.

## For further information contact:

International Office, City of Sunderland College,  
Bede Centre, Durham Road, Sunderland, SR3 4AH  
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