



CITY AND ISLINGTON
COLLEGE

APPLY ONLINE
candi.ac.uk

Sports Science - Level 3 Extended Diploma

Sport and exercise science is an interdisciplinary field that involves the study of human movement and physical activity. This field encompasses various scientific disciplines such as physiology, biomechanics, psychology, nutrition, and anatomy.

A sport and exercise science course will typically cover the basic concepts and principles of these disciplines as they relate to physical activity and exercise. Students will learn about the structure and function of the human body, how it responds to exercise, and the factors that influence performance and health.

The course will also cover topics such as sports psychology, injury prevention and rehabilitation, sports nutrition, and the design and implementation of exercise programs for different populations, such as athletes, elderly individuals, and people with chronic diseases.

Through this course, students will gain a fundamental understanding of the scientific principles behind physical activity and exercise, and how they can be applied to improve athletic performance, promote health and wellness, and prevent disease. This course will serve as a foundation for further study in sport and exercise science, or as a valuable background for careers in fitness, coaching, physical therapy, and other related fields.

Extended Diplomas have two one-year programmes. You need to finish the first year before moving on to the second.

WHAT WILL I STUDY?

This course consists of two separate qualifications. In your first year of study, you will work towards the Level 3 Foundation Diploma.

Following successful completion of this qualification, you will be able to progress to the Extended Diploma. Our Extended Diplomas offer equivalent UCAS points to studying 3 A Levels.

Core topics covered can include:

- Anatomy and Physiology
- Exercise Physiology
- Sports Psychology

Start Date: 2 September 2024

Duration: 2 Years

Attendance: Full Time

Location: Angel (K Block)

<https://www.capitalccg.ac.uk/candi/course/course-detail/pdf/10876/>



- Sports Nutrition

Specialist topics can include:

- Coaching
- Fitness Appraisal
- Biomechanics
- Sports Massage
- Sports Injuries
- Research Projects in Sports

WHAT WILL I NEED?

You will need:

- Five GCSEs at grade 4 or above, including English Language, Maths and Science or PE or an equivalent Level 2 qualification at Merit (and Functional Skills in English and Maths at Level 2/GCSE English Language and Maths at grade 4 or above)

All applicants must have an interview and assessment to confirm that the course is suitable for them.

HOW WILL I BE ASSESSED?

Assessment is continuous throughout the year through completing written assignments and projects as well as and performing practical work that is assessed internally within the college. There will also be some written examinations, assessed externally via Pearson, the BTEC awarding body.

WHAT WILL IT COST?

SCHOOL LEAVERS

If you will be aged 16, 17 or 18 on 31st August prior to the start date of your course and you have the legal right to remain in the UK for the duration of your programme then your study with us will be free. Please see [here](#) for the documents you will need to show us.

Some courses will have other associated costs, such as for specialist materials and trips. Many of our students are eligible for financial support, see [here](#) for details.

WHAT CAN I DO AFTER?

Personal Trainer/Fitness Instructor: These professionals work with individuals to help them achieve their fitness goals, develop exercise plans, and monitor their progress. A degree or certification in exercise science, kinesiology, or a related field is usually required.

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Physical Therapist: Physical therapists help patients recover from injuries or illnesses that affect their ability to move and function. They may develop exercise plans, provide massage therapy, and use other techniques to help patients regain mobility. A doctoral degree in physical therapy is required.

Exercise Physiologist: Exercise physiologists study how the body responds to exercise and develop exercise programs to improve health and fitness. They may work in research, clinical, or fitness settings. A degree in exercise science or a related field is typically required.

Strength and Conditioning Coach: Strength and conditioning coaches work with athletes to improve their strength, power, and endurance. They may also develop training programs for non-athletes looking to improve their fitness. A degree or certification in exercise science, kinesiology, or a related field is typically required.

Sports Medicine Physician: Sports medicine physicians diagnose and treat injuries related to sports and exercise. They may also provide advice on injury prevention and rehabilitation. A medical degree and specialized training in sports medicine is required.

Fitness Director/Manager: Fitness directors/managers oversee fitness facilities, gym and programs, manage staff, and ensure equipment is maintained and safe. A degree in exercise science, business, or a related field is typically required.

These are just a few examples of the many careers available in sports and exercise science. They involve education, qualifications, and work settings can vary widely, so it's important to research and explore different options to find the right career path for you.

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