

# Sports and Exercise Science NCFE

<b>Course Title:</b> NCFE Level 3 Sports and Exercise Science	<b>LARS/QAN Code:</b> 601/8883/2/SES
<b>Level:</b> Three	<b>Awarding Organisation:</b> NCFE
<b>Delivery:</b> Classroom based	<b>Start Date:</b> September 2023
<b>Location:</b> Headlands School	Url: <a href="http://www.headlandsschool.co.uk/">http://www.headlandsschool.co.uk/</a>
<b>Cost:</b> Covered by EFA funding	<b>Duration:</b> 2 years
<b>Full-time or Part-time:</b> Full-time	<b>Attendance:</b> Daytime
<b>Who is the course for?</b> This course is for students who wish to pursue a career in the sports industry or for students who have a serious interest in the academic side of sport. This course would also suit students who have an interest in human anatomy and physiology and its application in sport.	
<b>Entry requirements:</b> Standard entry requirement for Vocational programme.	
<b>What you'll learn:</b> <b>Year 1</b> <ul style="list-style-type: none"> <li>Principles of Anatomy and Physiology</li> <li>Exercise, Health and Lifestyle</li> <li>Preparing for a career in Sport and Physical Activity</li> </ul> <b>Year 2</b> <ul style="list-style-type: none"> <li>Sport and Exercise Massage</li> <li>Leadership in Sport</li> <li>Fitness Testing for Sports and Exercise</li> </ul>	
<b>How you'll learn:</b> This is a classroom based course with opportunities for practical lessons. You will be taught presentations, class discussions and research tasks.	
<b>How you'll be assessed:</b> <ul style="list-style-type: none"> <li>Written Assignment</li> <li>Presentations</li> <li>Practical assessments (sports massage)</li> <li>Recorded interviews</li> </ul>	
<b>Where next:</b> <ul style="list-style-type: none"> <li>Complete a sports related degree course (sports science, sports massage, sports coaching, sports and business management)</li> <li>Complete a Personal Training Level 2/3 certificate</li> <li>Apply for an apprenticeship in a sports related workplace (leisure centre, RFU, The FA)</li> <li>Employment as a sports coach.</li> </ul>	