

Sport and Fitness

Give your career a sporting chance with our course which covers a range of topics including sport and exercise physiology, psychology, nutrition and weight management, personal training and research. A hands-on course taught through an array of lectures, seminars, tutorials, lab and field work and using industry-standard facilities. You will have use of our gym and sports hall, allowing you to put your knowledge into practice.

Previous learners have progressed on to complete a BSc Applied Sports Science Degree or launched careers in the sports world in areas such as personal training, management and teaching.

Marcus Benjamin, Foundation Degree: Sport Science

Marcus has aspirations of becoming a PE teacher in a secondary school.

Marcus said: "Studying this course is an excellent way of gaining a Degree qualification.

"For me, the modules in anatomy and physiology are crucial to my chosen career. I found the sociology of sport very interesting as this involved looking at some of the wider aspects of sport in society."



Foundation Degree: Health, Fitness and Personal Training*

*Subject to validation



This programme provides a Higher Education qualification in the growing field of Health and Fitness and Personal Training.

What is the course about?

This course has been designed to be a direct progression route from academic and vocational qualifications. Topics covered all relate to the development and maintenance of health and physical wellbeing.

Year one modules include:

- exercise principles and practice
- sporting body
- nutrition and weight management
- work-based learning (client lifestyle and fitness)
- studying sport.

Year two modules include:

- exercise principles and practice
- physiology: control and adaptations
- quantitative research methods
- work-based learning
- sports injuries
- sports biomechanics.

What do I need to start?

You require a minimum of 80 UCAS points from one of the following, plus supporting GCSEs, including Maths and English:

- a BTEC National Diploma or equivalent in a sports related subject
- two A levels
- or equivalent qualification.

Mature students with relevant work experience are welcome to apply. An interview is required.

How long is the course?

Two years, full-time.

What is the fee?

The fee is currently under evaluation and yet to be confirmed. Please call 0116 224 2240 for the latest fee information.

Who is the awarding body?

This Foundation Degree is awarded by the University of Bedfordshire, subject to validation.

What else do I need to know?

Additional qualifications are available in this course for an additional fee, including fitness qualifications, first aid and lifeguarding. You will undertake a compulsory 20-hour work placement in the first year. This course also includes residential trips and special lectures from visiting speakers.

What can I progress to?

You may choose to apply to progress to the third year of the BSc Applied Sports Science Degree at the University of Bedfordshire or other universities to "top-up" to a Degree qualification. Alternatively you could choose employment in the sports and recreation fields as a personal trainer or entry-level management positions within the fitness industry.

How do I apply?

Please apply to UCAS at www.ucas.com



Key Facts

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| UCAS Code | To be confirmed, please call 0116 224 2240 for latest information | If you are interested in this course and would like more information please email info@leicestercollege.ac.uk or call 0116 224 2240 to speak to an adviser. |
| Course Starts | September | |
| Course Ends | June | |
| Location | Freemen's Park Campus | |

