



Sport and Fitness

Nicola has taken part in sports including ballet, athletics and Taekwondo since she was a child. She won a gold medal in the British Taekwondo Championships 2006 and has achieved her first Dan black belt. This interest motivated Nicola to take a YMCA level 1 and 2 Gym Instructor's award leading to a HND in Sports Science. She is now considering continuing with further education to Masters Degree level.

Nicola said: "I wanted to learn more about the physiological changes that occur within the body as a result of exercise.

"This course has increased my knowledge and introduced me to new sports such as squash. Leicester College provides a good setting for learning."



Nicola Webb
HND Sports Science.

Now replaced by FD Sports Coaching

Sport is a fundamental aspect of life in Britain, from professional level down to the person who goes to the gym to stay trim. With the London 2012 Olympic Games around the corner, this hunger for sport and fitness can only grow, as will the need for professionals to deliver services across the community.

Facilities include the College's own sports hall and gym, and expert staff will give you full support throughout your programme giving you the best possible start to a career in the sport and leisure industry.

Previous learners have progressed to careers in the sports world such as personal training, management and teaching.

There is also the opportunity to "top-up" your degree at the University of Bedfordshire, which boasts state-of-the-art PE and sports facilities which are set to train 2012 Olympic athletes.

Foundation Degree in Sport Coaching

This two-year programme covers a wide variety of sports and coaching topics.

New Course

Full-time

UCAS Code B22 XC16
Course Starts October
Course Length Two years
Location Freeman's Park Campus

This course includes the following units:

Year one

- fundamentals of coaching
- employment 1
- the sporting body
- psychology - learning and performing
- enquiry foundations.

Year two

- coaching for development
- employment focus 2
- control and adaptation
- psychology - belonging and influence
- quantitative methods.

What do I need to start?

You require GCSE English grade C or equivalent (without this you will be asked to complete a Literacy test) plus a minimum of 80 UCAS points to include:

- a relevant Access to HE course
- BTEC National Diploma or equivalent in a sport related qualification
- one A2 level in a related subject.

We welcome applications from learners with Advanced Apprenticeships and those adult learners who do not match the standard entry requirements but who can demonstrate a willingness and commitment to studying this subject at level 4 and 5, and who can evidence academic, professional or vocational experience in a related field.

Overseas learners please see page 116.

How long is the course?

Two years, full-time.

How will I be assessed?

Assessment is through continuous practical and written assignments and exams.

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?

University of Bedfordshire. Please see Associate Universities page 126.

What else do I need to know?

This course is subject to CRB disclosure.

You may also study towards additional sport and fitness qualifications, although extra charges will be payable.

Learners are advised that they will be undertaking work placements in addition to their 16 hours of academic study (minimum).

What can I do next?

After completion, this course can be topped up at the University of Bedfordshire to a BSc Honours. Alternatively, you could look for employment in the sport and leisure industry, including coaching.

How do I apply?

Please apply to UCAS at www.ucas.com

