

HNC SPORTS & EXERCISE SCIENCES (REHABILITATION PATHWAY)

Subject Area

Student Type

Study Mode

Sport, Military & Emergency Services

Students aged 16-18

Full Time

What is the course about?

This course is for individuals that are looking to develop essential subject knowledge and skills to progress successfully into further study or employment with the Sport Rehabilitation/Therapy sector. Learners will study a range of units that are aligned with professional bodies, universities and employers across the sport and rehabilitation sectors that include; anatomy & physiology, injury prevention, nutrition and sports massage.

Why should I choose the course?

Those progressing from Level 3 and looking to go on to higher education, or those in employment looking to extend their skills and knowledge to help them to progress towards roles within the Sport rehabilitation/therapy.

Students will be assessed in a number of formats that reflects different skills needed in sport rehabilitation/therapy sector:

- Written reports and essays
- Practical assessments
- Work-based projects
- Academic posters, displays, leaflets and websites
- Presentations
- Working logbooks and reflective journals

What will I learn?

You will gain a wide range of sector knowledge and practical skills gained through evidence-based practice, personal research, self-study, directed study and work-integrated learning and experience. Units on the course consist of:

- Unit 1: Nutrition
- Unit 2: Fundamentals of sport and exercise psychology
- Unit 3: Anatomy and Physiology
- Unit 4: Professional Skills
- Unit 6: Training, Fitness, Testing
- Unit 7: Physical Activity, Lifestyle and Health
- Unit 11: Injury Prevention
- Unit 13: Sports Massage

Please note that modules listed are indicative and may be subject to change. We do not guarantee that a non-mandatory unit will always run in any given academic year as options may be dependent on student numbers, sector requirements, and staff expertise.



**Warrington
& Vale Royal
College**

Warrington Campus
Winwick Rd, Warrington WA2 8QA

 wvr.ac.uk

 01925 494 494

Winsford campus
Weaver St, Winsford CW7 4AH

 learner.services@wvr.ac.uk

What will the course lead on to?

Following completion of the HNC you can either move onto the HND, enter year 2 of a degree at university or gain employment in the sector to further their experience.

Are there any links with industry and university?

The college has links with external employers within the sport sector including; Livewire, Warrington Wolves, Rylands FC and Warrington school sports partnership.

What support is available?

All higher education students receive weekly 1:1 tutorial with their Programme Leader to support them with their progress on programme. Students also have access to an online tutorial programme which provides guidance on a wide range of topics such as mental health, managing finances, support for single parents and working online. In addition, students can access a programme of workshops throughout the year to support with topics such as study skills, academic writing and time management.

Why should I choose to study the course at Warrington & Vale Royal College?

The college offers a very high-quality education for HE students. Higher education student feedback is strong, and students are highly complimentary of their learning experience. HE students have access to specialist facilities and resources to support their programme of study as well as designated HE learning spaces to support independent study.

Here at Warrington & Vale Royal College we have a team of dedicated, experienced staff who can share their extensive knowledge and skills with you. Learning in a friendly and inclusive environment, you will be fully supported to achieve your goals.

What are the entry requirements?

You will typically have one of the following:

- A BTEC level 3 or other level 3 qualification in a related subject, minimum MMP or MM
- T Level with overall grade Pass
- A minimum of two A-Levels (A2) with one in a related subject at grade C or above
- Access to HE with relevant options

AND

- A* to C grade and/or 9 to 4 in GCSE English (language or literature)
- A* to C grade and/or 9 to 4 in GCSE Maths

Non-native English speakers who have not undertaken their final two years of schooling in English need to demonstrate capability in English at a standard equivalent to the levels identified below. This is necessary before being recruited to the programme, as the programme is both taught and assessed in English:



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- Common European Framework of Reference (CEFR) level B2
- IELTS 5.5; reading and writing must be 5.5.

We welcome applications from mature students who have appropriate work experience in a related sector or role and/or have professional qualifications in a related industry.

All HNC/HND programmes require the completion of a personal statement prior to an admissions interview being offered. You will also be required to provide a reference from one of the following options:

- A previous course leader/teacher (if progressing from a recently attended further or higher education course)
- A recent or current employer
- An appropriate professional who can provide a character reference (if you have not been in recent education or employment).

What are my funding options?

Students applying to study on a Higher Education course can apply for a HE student loan at www.gov.uk/student-finance

For further Finance support and enquiries please visit <https://www.wvr.ac.uk/higher-education/higher-education-funding-support/>



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