

HNC SPORTS & EXERCISE SCIENCES (COACHING PATHWAY)

Subject Area
Student Type
Study Mode

Sport, Military &
Emergency Services
Students aged 16-18
Full Time

What is the course about?

This HNC Sport & Exercise Sciences: Coaching Pathway is designed for individuals looking to explore the scientific principles that underpin various disciplines within sport, including training and fitness, sport physiology, sport psychology, and sports performance.

Alongside this, you'll also develop essential research, personal, and professional skills. This course is ideal for those aiming to pursue a career in sports coaching.

The programme takes a multidisciplinary and applied approach to the study of sport and exercise science, with the opportunity to progress onto the HND course upon successful completion.

Why should I choose the course?

This course is for individuals who are looking to develop essential subject knowledge and skills to progress successfully into further study or employment within the sports coaching sector. You will study a range of units that are aligned with professional bodies and employers across the sport industry.

You will be assessed in a number of formats that reflect different skills needed within sport:

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

What will I learn?

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

- Nutrition for sport and exercise
- Fundamentals of sport psychology
- Anatomy and physiology for sport and exercise
- Professional skills
- Training and fitness for sport and exercise



**Warrington
& Vale Royal
College**

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- Physical activity, lifestyle, and health
- Coaching practice and skill development
- Technology in sport.

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.

What will the course lead on to?

Upon successful completion, students can progress to the second year of study to complete their HND qualification or move into related employment within the sports sector.

Are there any links with industry and university?

Due to the location of the college, there are many links to local industry. During your course you will have the opportunity to undertake placements with local sports organisations. In your second year, once you have progressed on to the HND, work-based experience and a major project will form a key aspect of your course. You will plan, monitor, and evaluate your work experience in relation to subject areas studied on the programme. This allows you to explore the scope and depth of learning which may take place in the work-based context.

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. HE 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 MPP 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



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- 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:

- 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://wvr.ac.uk/adults/higher-education>

Are there any additional costs associated with the course?

Students will be required to purchase the HE Sport uniform for this course at an estimated cost of £90-£150 depending on number of items purchased. All further information regarding the uniform will be communicated at the start of the course.

Trips and residentials will take place throughout the year, which are linked to the course content and implemented to extend your knowledge and allow you develop experiences within the sport sector. These trips may involve additional cost. In previous years students have attended trips to the English Institute of Sport in Sheffield, National Cycling Centre in Manchester, Manchester City FC and Manchester Aquatic Centre. *

*Please note that trips and cost are subject to change depending on the academic year.



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