

What is the course about?

The Sports and Exercise Sciences HNC programme is designed for those who want to explore the sciences that underpin a range of disciplines within sport (training and fitness, sport physiology, sport psychology, and sports performance), whilst also developing research, personal, and professional skills. The programme takes a multidisciplinary and applied approach to the study of sport and exercise science, with the opportunity to progress on to the HND course upon completion. The programme can be studied full time over one year (two days per week) or part time over two years (one day per week) and alongside the course there is the option to gain additional fitness instructor or personal trainer qualifications.

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 sport 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
- 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?

Students can either move on to the second year of study for their HND qualification or secure related employment in the sport sector.e.

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.

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
- 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.



**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

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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