

**5 GCSE's A-C
Inc. Maths and English**

**4 x GCSE's at D/4
Foundation Level 1**

**5 GCSE's A- C
Inc. Maths, English and
Science**

NCFE Level 2 Sport

- Participating in Sport
- Anatomy and Physiology for Exercise
- Introduction to Health, Exercise and Nutrition
- Sports Coaching
- Developing Sport Skills and Tactical Awareness
- Psychology for Sports Performance
- Planning and Running a Sports Event

Additional Qualifications include:

- **Sports Leaders**
- **NGB Level 1**
- **FA Coaching Level 1**

Available Progression Options:

- **Sports Assistant**
- **Apprenticeships**
- **Community Activator**
- **Activity Leader**
- **Entry onto Level 3 Courses**

Btec Level 3 Sport

Year 1

- Anatomy and Physiology
- Fitness Training and Programming
- Professional Development in the Sports Industry
- Sports Leadership
- Sports Psychology
- Practical Sports Performance
- Coaching for Performance

Year 2

- Physical Activity and Sport Development
- Research Methods
- Investigating Business in Sport and Leisure
- Skill Acquisition
- Performance Analysis
- Application of Fitness Testing
- Work Experience

Available Progression Options:

- **Apprenticeships**
- **Community Sports Coaches**
- **Entry onto University Degrees**

Btec Level 3 Sport Science

Year 1

- Functional Anatomy
- Applied Sports Psychology
- Applied Research Methods
- Coaching for Performance and Fitness
- Biomechanics in Sport and Exercise
- Specialised Fitness Testing

Year 2

- Sport and Exercise Physiology
- Field and Lab Based Fitness Testing
- Nutrition for Sport and Exercise
- Physical Activity for Individual and Group Based Exercise
- Sports Massage
- Sports Injury and Assessment

Jobs in the Sport and Leisure Industry

- University Courses
- Coaching
- Analysis
- Health and Fitness

Personal Training Level 2 and 3
Sports Massage Level 3 and 4

FdSc Sports Science

- Performance Analysis
- Strength and Conditioning
- Injury and Rehabilitation
- Anatomy and Physiology
- Sports Coaching
- Sports Psychology
- Research

BSc Sports Science (Top Up)

Available Progression Options:

- **Postgraduate Qualifications**
- **Sports Scientist**
- **Performance Analyst**

Jobs in the Sport and Leisure Industry

- University Courses
- Psychology
- Physiotherapy
- Sports Science

Personal Training Level 2 and 3
Sports Massage Level 3 and 4