



**RICHARD  
TAUNTON**  
Sixth Form College

# SPORTS SCIENCE (SINGLE AWARD)

**THIS COURSE WILL EQUIP YOU WITH PRACTICAL EXPERIENCE IN SPORT SCIENCE DISCIPLINES SUCH AS BIOMECHANICS, COACHING AND PSYCHOLOGICAL PROFILING.**

You will learn about everything from anatomy and nutrition, to physiology and fitness training. By developing your confidence, knowledge, and skills, you will also become better prepared for a number of careers in the sporting industry. Students on this course are required to undertake course-related work experience in sports science laboratories at local universities.

## KEY TOPICS

- Biomechanics
- Applied Psychology
- Anatomy & Physiology
- Training & Fitness
- Massage.

## ASSESSMENT

This course is 58% exam based and 42% coursework.

## ENTRY REQUIREMENTS

At least five GCSEs at grade 4 or above, including Maths, English Language, and a science.

## PROGRESSION POSSIBILITIES

**UNIVERSITY COURSES:** Sports Science, Sports Therapy, Sport and Recreational Management, Sports Psychology, Football Studies.

**CAREER OPTIONS:** Coach, personal trainer, massage therapist, physiotherapist, fitness instructor.

**Additional Information:** You may be required to pay a fee to access our Sports Academies. If there are any issues with being able to pay these costs, please contact the college.

**Disclaimer:** Information in this course leaflet is for September 2022 entry and is accurate at time of printing. All information provided is subject to change and may be updated during the academic year. Courses offered by the College are subject to change and are reviewed on an annual basis.

## SKILLS DEVELOPED

- Confidently speak in front of groups
- Care for clients in a sports therapy setting
- All round sporting knowledge
- Research and analysis
- Planning and evaluating.

## TRIPS, ENRICHMENT & OTHER OPPORTUNITIES

- Use state of the art lab testing equipment at Solent University
- Attend taster days at Bournemouth University
- Join at least one of our active enrichment opportunities.

## 3 COURSES THAT WORK WELL WITH THIS SUBJECT

- Biology
- Maths
- Chemistry.

## QUALIFICATION

**BTEC SUBSIDIARY DIPLOMA**

## LEVEL

**LEVEL 3**

## CURRENT EXAM BOARD

**PEARSON**

## STUDENT VIEW

"I chose to study Sports Science because I wanted to expand my knowledge and learn how different factors may affect performance. This understanding will help me in future and also benefit my current performance in sport."

Ernest Tkaczyk

Formerly of Regents Park Community College

## READY TO APPLY?

Visit our website and fill out an application form to secure your place.

We recommend applying before the end of March to ensure you benefit from our full transition package.