



Level 5 Sport and Exercise Science HND (Full-Time)

This programme will suit students who wish to pursue a career in the sports coaching industry. This could include working within the sport development industry, the health and fitness industry, strength and conditioning or performance analysis.

This course is run in partnership with Pearson.

UCAS Code: CX62

Entry Requirements

Entry criteria detail a typical offer but the College considers all applications on an individual basis which means that we could make offers based on qualifications, personal profile and experience. If you have any queries regarding your offer, please contact our Admissions Team.

Typical offer: 2 A Levels at E Grade or PP/PPP profile from a BTEC Level 3 qualification and three GCSEs at Grade C or above, to include English and Maths (or equivalent qualifications).

Mature students (over 21 years) can be accepted with lower/no academic qualifications and are assessed on a case by case basis looking at the individual profile and the work/life experience etc.

Career Prospects

The recognised Career Prospects route for this programme is the BSc (Hons) Sports Coaching at the University of South Wales.

Graduates have employment prospects in sports coaching, for example: community coach, school coach, 5x60 officer, sports instructors, sports specific coach, sports development officer and the wider health and fitness industry.

Course Modules

Modules Can include:

- Nutrition
- Fundamentals of Sport & Exercise Psychology

Coleg Afan
Coleg Bannau Brycheiniog
Academi Chweraeon Llandarcy
Canolfan Ragoriaeth Adeiladwaith Maesteg
Coleg Castell-nedd
Coleg Y Drenewydd
Coleg Pontardawe
Canolfan Adeiladwaith Abertawe

Afan College
Brecon Beacons College
Llandarcy Academy of Sport
Maesteg Construction Centre of Excellence
Neath College
Newtown College
Pontardawe College
Swansea Construction Centre





- Anatomy and Physiology
- Professional Skills
- Coaching Practice & Skill Development
- Strength and Conditioning for Coaching.

Assessment

The programme will include lectures, seminars, practical workshop and tutorial sessions. You will have to complete presentations, practical assessments and written assignments as you progress through the programme. There are some modules that require an exam.

Additional Costs

There will be additional course related costs.

STUDY MODE

FT

LOCATION

Brecon Beacons College - 0330 818 8100

Llandarcy Academy of Sport - 0330 818 8100

COURSE LENGTH

2Y

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