



**HIGHER
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“AdvanceHE

Member 25-26



2025/27

HND in Sport and Exercise Science (Coaching Science)

With the rapidly growing specialism of coaching science within the sports industry this course is designed to equip you with the skills and knowledge of how scientific principles and methods are applied within coaching.

COURSE OVERVIEW

The sport and exercise industry is a rapidly growing area that the HND in Sport & Exercise Science can help you access. The HND will equip you with the skills and knowledge needed to widen your access to higher education and enhance your career prospects. The HND suits learners who want a cheaper alternative to university, with dedicated small class sizes and one-to-one support while working towards a degree. In the aim of upskilling our learners and also making them more employable upon completion of their degree, we have added the following course; YMCA Level 3 Diploma in Performance Massage.

We have also added the YMCA Level 2 Gym Instructing Certificate. The Level 2 Gym Instructing Certificate will provide you with the best possible foundation to start your career within the fitness industry. The course aims to give you the confidence and practical experience of communicating, motivating, and interacting with customers. This Gym Instructor course has been developed to meet the latest industry standards. It's CIMSPA accredited and internationally recognised.

LOCATION

REDDITCH
RSPT-HD5-2527

UCAS CODE

106C

COURSE LENGTH

2 years

TUITION FEES

£8,500 per year

ADDITIONAL COSTS

Uniform (optional) £80

Due to the vocational nature of the course visits are an essential part of the curriculum.

A recommended budget of £130 per academic year should be made available by students.

AWARD ON SUCCESSFUL COMPLETION

Level 5 BTEC HND in Sport and Exercise Science (Coaching Science)

HOW TO APPLY

Please apply via UCAS at www.ucas.com using our institution code H19.

For further information please visit howcollege.ac.uk or email our Higher Education Admissions team headmissions@howcollege.ac.uk



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MODULES

Year 1

- Nutrition

This unit aims to equip the student with the knowledge, skills and competencies to understand the nutritional composition of food and the effects of nutritional choices on the health of a person. Research on current trends will take place including intolerances and diseases while also investigating fad diets.

- Anatomy & Physiology

An understanding of anatomy and physiology forms the basis for a number of other areas relating to training, fitness, fitness testing, physical activity and various therapeutic techniques. In this unit learners will study the structure and function of the human body systems (cardiovascular, respiratory and musculo-skeletal). This unit will provide you information that will support you on a sport science degree at university.

- Fundamentals of Sport & Exercise Psychology

This unit addresses key concepts in sport psychology that are relevant to sports performance. Whilst the focus of sport psychology is on performance in competitive sport, the focus of exercise psychology is on exercise/physical activity and the role exercise plays in establishing optimal mental health.

- Professional Skills

This unit enables Learners to explore and examine a relevant and current topical aspect of sport. Developing appropriate professional skills is fundamental to becoming a sport scientist and will open up an array of career opportunities within sport science. To be a sport scientist, individuals must develop a range of professional skills that will develop their understanding of research methods in the field of Sport and Exercise Science.

- Coaching Practice & Skill Development

The aim of this unit is to provide students with the knowledge and understanding of coaching practice and the skill development associated with athlete performance. Students will engage in researching the impact of different coaching practices, working in various environments, utilising resources, developing skills and planning effective sessions. They will gain an understanding of the importance of developing sessions dependent on the group's demographics. The knowledge, understanding and skill sets gained in this unit will help students to appreciate the varied coaching environments in which they might work. They will have learned how to be specific to the individuals they are coaching and ensure they apply the relevant skill development.

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- **Training, Fitness & Testing**

Within this unit there is a combination of both theoretical and applied learning contexts which will allow learners to examine traditional principles of training in a practical learning environment. Learners will also discover how to use essential practical techniques in training environments through investigating different training techniques. This will allow for a greater understanding of the key physiological, biomechanical and psychological changes that can benefit performance. Learners will also adopt an evidence-based practice approach to their work on training programmes which will help them to prepare for the continuing rigours of Higher Education and careers within sport and exercise sciences, sports therapy and other related areas.

- **Biomechanics**

Biomechanics is the study of structure and force which is related to all sporting actions it can be broken down further into Nanobiomechanics which is the study in cellular and molecular changes. During this unit you will study how different forces effect the human body and movement. Using state of the art software to help you record sports performers and study their movements will ready you for studying at a higher level.

- **Sports massage**

Sports massage is a form of massage designed to enhance performance and prevent injury for people who are involved in regular physical activity, exercise and/or sport. The aim of this unit is to provide students with an insight into the sport therapy and rehabilitation sector. This unit delivers both the theoretical and practical knowledge that is required for students to progress onto a sports massage therapist role. Students will gain knowledge of clinical and professional practices involved in sports massage as well as how to demonstrate practical client assessment and safe and effective sports massage. This unit will provide students with the opportunity to research and implement theoretical knowledge in a practical massage environment. Additionally, the practical application of legislation and professional practice will prepare the students for self-employed or clinic-based massage.

Year 2

- **Research Project**

The unit develops learners' skills of independent enquiry and critical analysis by undertaking a sustained research investigation of direct relevance to their Higher Education programme and professional development

- **Advanced Coaching**

This unit will challenge the learner to analyse the environment of performance coaching from pedagogic and multi-disciplinary support service perspective, utilising theory and technology to improve performance in their chosen sports.

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- Performance Analysis

This unit gives learners the skills required to analyse sports performance, and to offer feedback to performers to bring about improvements. Learners will select a specific sport, depending upon their own areas of interest. They will learn about the performance demands of selected sport including the skills, techniques, physical fitness requirements, skill related requirements and psychological requirements.

- Talent Identification & Development

You will explore the aim, structure and purpose of talent identification and development within sport with the skills of analysing and reviewing talent that leads to success.

- Strength & Conditioning for Coaching

Learners will develop underpinning knowledge of the foundations of strength and conditioning and the application of different types of specific methods of training.

- Work Experience

All learners at all levels of education and experience require honed employability skills as a prerequisite to entering the job market. Students will investigate the jobs available within the area Sport Science. This unit allows you to gain hands on experience in the sport industry that will increase your employability. You will seek a placement and participate in 30 hours of work experience and monitor and evaluate the placement.

- Sport Rehabilitation

Learners will develop knowledge in the process of injury and safe strategies to allow an athletes return to their sport.

ENTRY REQUIREMENTS

You will require 48 UCAS points or an equivalent Level 3 sport qualification and five 4-9 GCSEs including Maths and English. Mature applicants with other qualifications or non-formal qualifications are welcome to apply and will be assessed on an individual basis.

DELIVERY INFORMATION

A variety of classroom based lectures, laboratory testing, gym and fitness testing/ sessions, sports hall practical/coaching sessions, track sessions at Abbey Stadium.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD)

During the length of the course you will be offered extra opportunities to complete additional qualifications in coaching levels & gym instruction.

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METHODS OF ASSESSMENT

Students will be assessed through written assignments, six week training/ coaching programmes, individual projects, individual/group presentations and time constrained assessments. The course leader will regularly arrange one-to-one personal progression tutorials and set agreed study targets. Alongside assessments students will be required to produce a Personal Development Plan.

CAREER OPPORTUNITIES

Sport is an industry that continues to grow, with its role in economic growth, tourism, health and political significance now viewed by the government as imperative to society. As an HND in Sport and Exercise Science (Coaching Science) graduate you will have the knowledge and experience to progress into a wide range of roles within the sports industry. Predominantly roles within sports development, sports coaching, PE teaching, analysis and health promotion. Graduates also have the potential to transfer the skills they have developed into many other industries, such as tourism, event and facility management.

STAFF EXPERIENCE

The course will be delivered by a blend of experienced lecturing staff that have a range of qualifications and vocational knowledge and experience. These include NGB sports coaching certificates, professional qualifications, PGCE's, and experience of working with elite sport performers. Some of the staff are currently working towards Masters in the areas of Sports Coaching. This breadth and depth of skills allows the team to provide not only an inspiring academic learning environment but excellent vocational knowledge in the classroom. The staff teach their specialised area's ensuring the students obtain a high level of knowledge and develop skills required in that area.

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