

## Applied Sport and Exercise Science (Year 1)

Ayrshire College

### Venues

Kilwinning Campus

### Content

If you'd like to work in a sport or exercise, for example in an athlete support capacity, this is the course for you. It covers all the key aspects of sports and exercise science, including Physiology, Sport Psychology, Nutrition and Mechanics.

The course would suit learners with a keen interest in sport, exercise and physical activity who perhaps have strengths in these areas but who also wish to investigate the factors that sit behind strong sporting performance.

Learners will investigate how the body and brain reacts to physical challenges and learn how to best prepare participants for exercise.

In this course, you may:

Gain hands-on experience in fitness suites and facilities; Learn more about sport psychology and mechanics; Learn the nuances of exercise physiology and anatomy; Explore the psychology of exercise and supporting clients; Look at optimising performance through biomechanics; Develop skills in planning, teaching and evaluating gym-based exercise sessions.

### Start Date

August

### Qualification

HNC

### Study Method

Full time

### Course Length

1 year

### Department

Sport and Fitness

### Entry Requirements

2 Highers or relevant national qualifications at SCQF Level 6. Interview.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

## SCQF Level

7

## SCQF Points

«SCQFPoints»

## Progression Routes

HND Applied Sport and Exercise Science (Year 2)

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Dam Park  
Ayr  
KA8 0EU

## Website

www1.ayrshire.ac.uk