

Applied Sport and Exercise Science (2nd year entry)

Ayrshire College

Venues

Kilwinning Campus

Content

This course builds on the HND Year 1, giving a deeper understanding of the main areas of sport and exercise science, including Physiology, Biomechanics, Sport Psychology and Nutrition.

The second year allows greater focus on the areas of Sport Science including psychology, physiology, nutrition and biomechanics.

Here's just some of what you'll be doing:

Physiological Responses to Exercise; Tackle extreme environments like heat (thermoregulation) and high altitude; Strength and Conditioning; Qualitative Biomechanical Analysis; Psychological Skills Training in Sport; Exercise for Pre and Post Natal Clients; Look at measuring fitness using complex techniques and calculations, and how the human body learns new skills in sport and exercise.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

HND Applied Sports and Exercise Science (Year 1), or HNC Fitness, Health and Exercise. 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

8

SCQF Points

«SCQFPoints»

Progression Routes

Degree level study

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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