

Applied Sport and Exercise Science (Year 2)

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.

There's a substantial amount of theory and written elements, so you'll need to be motivated and willing to carry out a lot of independent study and research.

Content

You will have the chance to go on a work experience placement and provide real life, sport science support. Placements will be with a key sport/education provider, such as rugby and football clubs.

You will also get the chance to learn top tips for success from people who work in the industry eg Glasgow School of Sport, Strength and Conditioning experts.

Start Date

August

Qualification

HND

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

HNC Applied Sports and Exercise Science (Year 1), or HNC Physical Activity and Health. 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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