

Applied Sports Science (Level 6)

Glasgow Clyde College

Venues

Langside Campus

Content

Ever wondered what makes athletes and teams perform at their best? NQ Applied Sports Science will help you explore the science behind athletic performance with hands-on learning in anatomy, psychology, biomechanics, and nutrition. You'll also develop practical skills in fitness testing, strength and conditioning, movement analysis and sport analytics to prepare for careers in Sport Science, coaching, performance analysis, or further study.

Units may include:

Anatomy; Sports mechanics; Supporting talented performers; Principles of fitness training; Strength and conditioning; Fitness testing; Research skills; Psychology sports; Nutrition; Sport analytics and performance; Unlocking athletic potential (Biomechanics); Codes of conduct; Work placement; Sport science concepts and applications; Sport and fitness activities.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

3 subjects at National 5 including English or an English based subject at B, or relevant national qualifications at SCQF Level 5.

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

6

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

«Address»

Website

www.glasgowclyde.ac.uk