

Sport and Exercise Science

Open University in Scotland

Content

Sport and exercise science helps us understand how people move, perform, and stay healthy through physical activity. This diploma builds a strong foundation in anatomy, physiology, biomechanics, psychology, strength and conditioning, and nutrition. Through real-world case studies, you'll learn how to analyse performance, understand movement, improve health, reduce injury risks and apply evidence-based approaches in sport and exercise settings. You'll also develop valuable communication, teamwork and analytical skills. On completion, you'll be ready to progress to further study, enhance your professional practice, or begin your journey into sport and exercise science roles.

Start Date

October

Qualification

DipHE

Study Method

Online learning

Course Length

Flexible

Faculty

General

Department

Education, Childhood, Youth and Sport

Entry Requirements

There are no formal entry requirements for this qualification. You don't need experience of working in sport and fitness prior to starting this qualification. However, you'll find the modules and assignments much easier and more fulfilling if you can draw on employment (paid or unpaid) experience.

Computer and internet access required.

SCQF Level

8

SCQF Points

«SCQFPoints»

Progression Routes

On successful completion of the required courses you will be awarded a Diploma of Higher Education in Sport and Exercise Science.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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Website

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