

Sport

Sport and Exercise Sciences Level 3 Full-time

In Brief

Start Date / Duration

This course starts in September 2025 and will be completed in two years.

Entry Requirements

- You will require five GCSEs at grade 5 or above including GCSE Science, English and Maths.
- An active involvement in sport and a good general level of fitness are also essential.
- You will also be required to complete a favourable interview. As your studies will involve you working with children, you will be required to undertake a Disclosure and Barring Service (DBS) check (formerly known as Criminal Record Bureau check).

You will achieve

Pearson BTEC Level 3 Extended Diploma in Sport and Exercise Sciences.

Course Overview

This course is perfect for students aiming for university, especially those strong in sport sciences. This course covers theory-based subjects such as sports therapy, physiotherapy, and exercise science.

Course highlights:

- Functional Anatomy
- Applied Psychology
- Coaching for Performance
- Biomechanics
- Research Methods
- Physical Activity
- Sports Massage

- Sports Nutrition
- Exercise Physiology
- Field and Laboratory Testing
- Socio Cultural Issues
- Sport Injuries
- Specialise Fitness Testing

Course Content

How will I be assessed?

Assessment will occur continually throughout the programme. You will have time-constrained assignments as well as oral presentations and externally set exams. Each individual unit and the full award are graded at pass, merit or distinction level.

What Equipment Will I Need?

All Sport and Public Services students will be expected to wear a Barnsley Sports Academy (BSA) hooded top and polo shirt, along with dark tracksuit bottoms and sports trainers. During practical sessions, kit will consist of a Barnsley Sports Academy t-shirt, dark shorts and sports trainers. Non-regulation clothing/footwear is not permitted. Students will also require ring-binders, writing materials, paper/stationery and core textbooks.

Where will I study?

Honeywell Sports campus
Honeywell Lane
Barnsley
S75 1BP

What can I do next?

This qualification is designed to enable candidates to progress in Higher Education. Alternatively, you may wish to enter employment within the sports industry.

See what careers are available in the Sport [<https://www.barnsley.ac.uk/app/uploads/2023/10/Sport-careers-2023-24.pdf>] sector. Use our online careers tool, Career Coach [<https://barnsley.lightcastcc.com/?radius=®ion=Barnsley>] , to find out what your next steps could be.

How much does the course cost?

16 – 18 year olds

Full-time Barnsley College students aged 16-18 years old do not have to pay tuition fees.

Financial support

You may be eligible for assistance with expenses such as travel, books, equipment and childcare. For further information please contact the Student Services Team on 01226 216 267.

Extra information

Contact the Information Unit

For further information please contact our friendly Information Team on +44 (0)1226 216 123 or email info@barnsley.ac.uk [<mailto:info@barnsley.ac.uk>]

Want to join Barnsley Sports Academy and Honeywell Sports Village?

Barnsley College has a range of sports opportunities for all students to take part in, gain professional training and compete nationally and internationally. We also have a state-of-the-art fitness village, Honeywell Sports Village [<https://www.barnsley.ac.uk/shops-services/honeywell-sports-village/>] where students can make use of our fitness suite, spinning studio and classes for competitive rates. You don't have to be studying sport to get involved in the Sports Academy [<https://www.barnsley.ac.uk/barnsley-sports-academy/>].

Additional Learning Support

Our Additional Learning Support team can provide you with the support you need. Call 01226 216 769 for further information.

Disclaimer

Please note we reserve the right to change details without notice. We apologise for any inconvenience this may cause.

Last updated: 12th December 2024

Want to apply?

Visit <https://www.barnsley.ac.uk/apply> to get started

Call us on **01226 216 123**