

VENUE AND DURATION OF COURSE:

East Surrey College, Gatton Point, London Road, Redhill, RH1 2JX.

One year, Full-time – two days per week (days and times to be confirmed on application).

ENTRY REQUIREMENTS:

96 or more UCAS points, equivalent of three A-Levels at grade C or above (with PE or a Science as essential) or a BTEC Level 3 Extended Diploma in Sport/Sport Sciences achieved with MMM or above.

All applicants must give a satisfactory interview. Mature students (aged over 25) without the above qualifications are welcome to apply for this course if they have sufficient professional experience.

PROGRAMME OVERVIEW:

Sport and Exercise Science Higher National Certificate is an ideal qualification for people who aspire to work in the industries of health and fitness, sports coaching or sport and exercise sciences. The course provides a specialist vocational programme which has links to professional body requirements. The intention of this course is to combine theoretical study with practical applications across the key disciplines. The course is designed to provide students with a detailed understanding of the different pathways available within the afore mentioned industries. Students will gain invaluable experience by studying this course.

PROGRAMME STRUCTURE:

You will be studying the following subject areas:

- Nutrition
- Fundamentals of Sport & Exercise Psychology
- Anatomy & Physiology
- Professional Skills
- Coaching Practice & Skill Development
- Physical Activity, Lifestyle & Health
- Injury Prevention
- Sports Massage

Units may be subject to slight change due to cohort requirements.

PROFESSIONAL RECOGNITION:

In addition to your main qualification, you may have the opportunity to complete additional professional qualifications in either Fitness Instruction/Personal Training or Sports Coaching, Sports massage, Strength & Conditioning and First Aid. This will incur a small additional cost to the overall fees for the main programme.

ASSESSMENT:

Assessment is continuous throughout the course and a variety of methods are used including presentations, reports, practical observations, exams and written work. Deadlines will be strictly applied to the submission of work, as is university and business practice. There are no formal examinations.

COURSE FEE:

£6,165 in 2023/24. Please be aware that there may be additional costs for equipment and educational visits. This information will be available from the curriculum staff at interview.



STUDENT LOANS AND FINANCIAL SUPPORT:

Full-time and Part-time students from the UK/EU who are studying for a Higher Education course can apply to the Student Loans Company (www.slc.co.uk) for a Tuition Fee Loan for the full amount (this will be paid directly to the College). Additionally, Full-time UK-only students can apply for a Maintenance Loan (to cover living costs). The Government have also introduced the Maintenance Loans to Part-time students. Evidence of an approved loan must be provided at enrolment in the form of the Payment Advice letter provided by the Student Loans Company. Further details of how to apply for a Student Loan can be found at www.direct.gov.uk/studentfinance.

OTHER PAYMENT METHODS:

If you are not eligible for financial support you will need to pay for the course privately which could include a contribution from your employer. For more information, visit: www.esc.ac.uk/fees-and-student-loans.

WHERE CAN IT LEAD?

This course can lead to our Level 5 HND (Higher National Diploma) and later to complete a top up degree year at universities. HNCs provide a nationally recognised qualification offering career progression and professional development for those already in employment. Through developing your abilities, you could demonstrate the potential to move into administrative, supervisory and eventually management roles. It is also a well-regarded qualification for progression to the second year of an Honours Degree at some universities.

HOW TO APPLY:

Applications must be made via UCAS at www.ucas.com quoting our UCAS College code E32 – until Clearing is entered on 30 June 2023. After this date If you haven't started a UCAS application yet, and only want to apply to the College, you can apply directly at www.esc.ac.uk and we will process a UCAS application on your behalf.

If you have any outstanding queries, please contact our Client Services team on 01737 788444, or email: clientservices@esc.ac.uk.

Disclaimer:

Every effort has been made to ensure that the details contained in this leaflet are up-to-date and accurate at the time of printing. However, the College reserves the right to alter or cancel courses, their content, entry requirements, fees or other details should circumstances dictate. Should you require this leaflet in a different format please contact Client Services on 01737 788444.

