

FdSc Sport, Health & Fitness



Location	Hammersmith
Duration	2 years
Level	4, 5
Start Date	September 2010
Mode	Part-time
Timetable	Day
UCAS Course Code	
UCAS Institution	EHWL
UCAS Institution Code	E10
Home (EU) Fee	£1,285
International (Non-EU) Fee	£5,500

Course Content

This is an exciting new course that responds to the demands of a thriving industry that requires qualified staff to meet the predicted expansion leading up to the 2012 London Olympics and beyond. Designed in consultation with employers, this is a course that fulfils the needs of the industry for higher qualified staff and increases the skills of students to find work within the industry.

Which topics will be studied?

Year 1

- Event Planning
- Business Development & Professionalism
- Anatomy & Physiology
- An Introduction to Nutrition
- The Truth About Food
- Exercise Recommendations & Fitness Instruction

Year 2

- Event Management
- Scientific Underpinning of Performance
- Sport Massage
- Sport Injury
- Personal Training & Programme Design

Who is the course for?

If you are working in the Health and Fitness industry and aspire to a career as a manager or if as an existing manager you wish to gain a higher level qualification, this course is ideal for you. It is also suitable if you want to enter the Fitness industry with the required qualifications.

This degree-level qualification will develop the skills and techniques you will require if you want to be a success in the world of health and fitness - a growing industry whose demands for qualified people will increase up to and beyond 2012.

Course prices quoted are correct at time of publication and are subject to change.

Entry Requirements

One of the following qualifications:

- BTEC National qualification
- Advanced GNVQ
- AVCE Double Award at Merit or Distinction
- Access Qualification
- 1 A Level or 2 AS Levels.

If your first language is not English, you should have a minimum score of 6.0 in IELTS alongside a UK or equivalent international qualification. Applicants will be required to attend a College interview and may need to complete an assessment test.

September 2009

FdSc Sport, Health & Fitness

What progression routes are available?

After your FdSc Sport, Health and Fitness you will be well placed to work within the expanding health and fitness industry including in gyms, health clubs, sports centres and develop career opportunities in personal training and fitness instruction

Successful students can also continue their studies by entering the final year of a BSc (Hons) Sport, Health and Fitness offered at St Mary's University College (subject to meeting course entry requirements).

What form does the assessment take?

Assessment is an integral part of the overall learning process and our student centred approach aims to promote initiative and creativity, critical thinking, evaluation, decision making, personal reflection and effective communication skills.

Each module carries a number of assessments. Depending on the module you will be assessed through combinations of the following: formal reports, presentations, exams, lab reports, in-class tests and practical assessment in instructing physical activity.

How do I apply?

For the full time Higher Education courses which include Foundation Degrees, Higher National Diplomas and Higher National Certificates you will need to apply through UCAS (our reference is E10), or complete an online application form on this website. We will give you advice and support you through the UCAS process once you have been offered a place.

For part-time courses and for all courses starting in February, please complete a college application form, either online through the website or request an application form from our Course Information Centre.

For more information, visit www.ucas.com or contact us.

St Mary's
University College
Twickenham
London

Contacts

**Ealing, Hammersmith
& West London College**

0800 980 2175

cic@wlc.ac.uk

UCAS

www.ucas.com

The college is committed to diversity, ensuring that those from under represented groups are given the opportunity to study at Ealing, Hammersmith & West London College.