

<b>Summary</b>	
This course is best suited to those interested in a career in sport, coaching or fitness. You will be taught by a range of professionals who will ensure that you have all the training you need to progress either onto university or into work. You will also have the chance to take part in work experience to gain valuable industry knowledge.	
<b>What are the course aims?</b>	<b>What can it lead to?</b>
As well as learning about the employment area you have chosen, the course aims to develop the skills you need to start a career. You learn by completing projects and assignments that are based on realistic workplace situations, activities and demands.	You may progress to higher education to study for a degree in a sports related subject like fitness or coaching, or you may go directly to employment in sport, leisure and related areas.
<b>What will I study on this course?</b>	
This is a two-year, 18 unit course studying training, coaching and fitness testing and is equivalent to three A Levels. You will study the following units:	
<p>Year 1</p> <ul style="list-style-type: none"> <li>* Current Issues in Sport</li> <li>* Assessing Risk in Sport</li> <li>* The Physiology of Fitness</li> <li>* Fitness Testing for Sport and Exercise</li> <li>* Leadership in Sport</li> </ul>	
<ul style="list-style-type: none"> <li>* Exercise, Health and Lifestyle</li> <li>* Principles of Anatomy and Physiology in Sport</li> <li>* Sports Nutrition</li> <li>* Fitness Training and Programming</li> <li>* Psychology for Sports Performance</li> </ul>	
<p>Year 2</p> <ul style="list-style-type: none"> <li>* Instructing Exercise and Physical Activity</li> <li>* Sports Coaching</li> <li>* Practical Team Sports</li> <li>* Work Experience (two weeks)</li> <li>* Exercise for Specific Groups</li> </ul>	
<ul style="list-style-type: none"> <li>* Organising Sports Events</li> <li>* Sports Injuries</li> <li>* Rules, Regulations and Officiating in Sport</li> <li>* Sports Development</li> </ul>	
We recommend that you take Level 2 Award in Community Sports Leadership or Level 2 and 3 Principles of Coaching to supplement the course. In year 2 there is the option to take courses in Fitness Instructor or Higher Sports.	
<b>Are there opportunities for trips or fieldwork?</b>	
No	
<b>Are there any other costs?</b>	No
<b>How will I be assessed?</b>	<b>What are the entry requirements?</b>
All units are assessed and graded through written assignments; each unit is graded at Pass, Merit or Distinction. An overall grade for the qualification is awarded which is equivalent to three A levels at the end of two years.	Minimum of five GCSEs at grade C or above, including Science, English Language and Maths. Merit at Level 2 Sport is accepted in place of Science.
<b>Contact us</b>	<b>Have you visited our website?</b>
Mary Howard	<a href="http://www.totton.ac.uk">www.totton.ac.uk</a>
Tel: 023 8087 4874 • Fax: 023 8087 4879 Web: <a href="http://www.totton.ac.uk">www.totton.ac.uk</a> • Email: <a href="mailto:info@totton.ac.uk">info@totton.ac.uk</a>	See the range of courses that Totton College provides, as well as up-to-date news and events.