Sport

Sport and Physical Activity

Campus: North Notts College - Worksop Campus
Code: W14SP04
Level: 3

About This Course

This course will prepare and support your
progression to higher education and employment in the sport and exercise science sector.

You will gain the knowledge, understanding and
skills that underpin study of the sport and exercise science sector.

You will hear from professionals in the fitness,
sports, health, leisure and education industries to ensure you gain the skills required.

What Will I Study?

You will study a range of topics which may include :

- Sports and exercise Physiology
- Functional anatomy
- Applied sport and exercise

- Psychology
- Nutrition for sport and exercise performance
- Field and laboratory based fitness testing
- Applied research methods for sport exercise sciences
- Coaching for performance and fitness research project
- Biometrics physical activity for individual and group based exercise
- Specialised fitness training
- Technology in sport exercise
- Science sports injury and assessment

Why Study Here?

- We have close links with schools and fitness facilities in the Retford area that offer our students work experience and placements
- You will be involved in inclusive sports including goal ball, boccia, seated volleyball and other adapted sports
- You will have the opportunity to meet industry experts on educational visits and to participate in work placement to boost your skills in the sport and exercise science sector.

Entry Requirements

- Level 2 qualification in Sport or Public Services
- Five GCSEs at Grade 4 or above including English and Maths

How To Apply

You can apply using our online application form by clicking the **Apply** button at the top of this page. For more information or support with your application please contact Student Services by emailing contact@nnc.ac.uk [about:contact@nnc.ac.uk] or by calling **01909 504500**.

What Courses Can I Progress Onto?

- Foundation Degree in Sport Science
- BSc (Hons) in Sport Science
- Sport or fitness related apprenticeship

Tuition Fees

- 16-18 year olds do not need to pay course fees.
- Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify for help with your fees. [https://www.nnc.ac.uk/information/student-support/finance/course-fees/]

If you need further advice or guidance please contact the Enquiries Team on **01909 504500.**

PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2027-28. However, we do reserve the right to make changes if necessary.

Last updated: 10th November 2026