

Sports Science



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Subject Area	Sports & Fitness
Course Type	School Leavers
Study Level	Level 1
Delivery Mode	Full-time
Duration	1 Academic Year
Start Date	January 2026 (+ more)
Course Code	PA000778

Course Summary

This course is a great starting point if you want to work in sports or study it further. You'll learn the basics of how the body works during exercise, how the mind affects performance, and how movement works. The course also shows why regular exercise and healthy eating are important. You'll get hands-on experience in sports coaching and fitness training, and learn about the body's muscles, bones, and how it moves. You'll also learn how to keep yourself and others safe while playing or coaching sports.

What You Will Learn

- **Sports Science Basics:** Learn how the body and mind work together during sport and exercise.
- **Staying Healthy:** Find out why exercise and eating well are important for feeling good and staying fit.
- **Coaching and Training:** Try out real coaching skills and learn how to plan fitness sessions.
- **How the Body Works:** Explore how your muscles, bones, and organs help you move

and stay active.

- **Playing It Safe:** Learn how to avoid injuries and keep yourself and others safe while doing sports.

Modules

Essential Unit: Developing a Personal Progression: This unit helps you plan and develop your personal and professional goals in the sports industry.

Optional Unit (choose one)

- **How Exercise Affects the Body:** Learn about the physiological effects of exercise on the body.
- **Training for Fitness:** Understand different fitness training methods and how to design effective training programmes.
- **Playing Sport:** Gain practical experience in playing and understanding various sports.
- **Coaching Skills in Sport:** Develop coaching techniques and skills for leading sports activities.
- **Assisting in a Sports Activity:** Learn how to help organise and run sports activities.
- **Contributing to Running a Sports Event:** Understand the planning and logistics involved in organising sports events.
- **Getting People Active:** Learn strategies to encourage and motivate people to participate in physical activities.
- **Keeping Active and Healthy:** Understand how to maintain an active and healthy lifestyle through regular exercise and proper nutrition.

Work Experience

You will complete 30 hours of relevant work experience. This includes working with the National Citizens Service (NCS) programme, which helps you develop key employment skills and behaviours needed for progression to work. This experience is valuable for gaining practical insights and improving your employability in the sports sector.

Progression

Completing the Level 1 Sports Science course can open doors to various career opportunities in the sports industry. This course can be the starting point for a career in sport, such as:

- Personal Trainer: Helping clients achieve their fitness goals through personalised training programmes.
- PE Teacher: Teaching students about physical education and promoting healthy lifestyles.
- Other Sport-Related Careers: Opportunities in sports management, coaching, fitness instruction, and more.

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