

A photograph of a gym setting with large windows. Two students in red t-shirts are in the foreground; one is sitting on a blue exercise machine and the other is standing next to him. In the background, other students are using various gym equipment. A blue banner with white text is overlaid on the left side of the image.

Sport and Exercise Science Diploma - K040

This course is designed for aspiring sports scientists who wish to pursue a career within the exciting world of sport, performance and excellence or for those wishing to progress onto university to study sport and exercise science at degree level. Sport and exercise science is the application of scientific principles to sport and exercise, achieved through one of the following three branches of science:

- Biomechanics - an examination of the causes and consequences of human movement.
- Physiology - concerned with the way that the body responds to exercise and training.
- Psychology - seeks to provide answers to questions about human behaviour in sport and exercise settings.

Students entering the College are taught first to understand and then challenge and enhance existing theory, research and practice aligned to, or influenced by, sport, physical activity, exercise and health.

COURSE DETAILS

Areas of study may include:

- Functional Anatomy
- Applied Sport and Exercise Psychology
- Coaching for performance and fitness
- Specialised Fitness Training
- Applied Research methods
- Sociocultural Issues in Sport & Exercise Science

ENTRY GUIDELINES

This is a Study Programme for students who are 16-18 years of age.

To study a Level 3 qualification, you will need:

A minimum of 5 GCSEs at Grades 4-9 including English and/or Maths (or L2 Functional Skills in English and/or Maths)

OR

A relevant Level 2 qualification and English or Maths at Grade 4 or above (or L2 Functional Skills in English and/or Maths)

GCSE Science Grade 4 or above

If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

EQUIPMENT REQUIRED

To learn effectively on your course you will need to use certain items of equipment and undertake particular activities as part of your studies. To further enhance your learning experience the following will be required:

- Uniform
- Educational Visits

These will incur additional costs.

If you need support with these costs, don't worry, click on the link below and complete a bursary application form.

<https://www.wmc.ac.uk/student-support/financial-support/bursaries-loans>

Equipment purchased will be yours to keep and you will be able to use them for practice at home and in your future career.

ASSESSMENT METHOD

There will be continuous assessment by a variety of methods including assignments, projects, practical exercises, group work, presentations and external exams.

ADDITIONAL INFORMATION

You will be required to contribute financially to some of the cost of trips, visits and residentials, although these will be kept as low as possible. More information will be given at interview.

Study programmes are full-time courses for 16-18 year olds which include:

- A qualification such as BTEC Extended Diploma
- Meaningful work experience or preparation for work
- A few courses to study at university, are Sport and Exercise Science, Physiotherapy, Sports Journalism or Sports Coaching
- Young people taking their first step into a new career need the right blend of practical and academic skills to support them. We know that employers and Higher Education organisations are looking for higher skilled, job — ready individuals with a strong work ethic which you will achieve on the Sport & Exercise Science programme.

WHERE CAN I PROGRESS TO?

At the end of the course, you could progress to higher education or employment.

The natural progression is to transfer to the 2nd year Extended Diploma in Sport & Exercise Science. This will give you the chance of acquiring enough UCAS points to progress to higher education. — it provides current local data on wages and employment prospects.

WHEN DOES THIS COURSE RUN?

| CAMPUS | ATTENDANCE | COURSE CODE | PLANNED TIME TABLE |
|--------|------------|-------------|--------------------|
| | Full Time | K040Q001 | |

If you are aged 16-18:

This study programme will be FREE for most students who are aged 16-18 on 31 August, or students aged 19-24 with an Education, Health & Care Plan.

If you are aged 19 or over:

Fee : £2800.00

The fee quoted is for the academic year 24/25.

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 25th June, 2025 and may be subject to change.