

# Sport

## Sport: Physical Activity, Health and Exercise Foundation Degree Full-Time

### In Brief

#### Start Date / Duration

This course starts again from September 2023 and runs for two years, you will study for three days per week.

#### Entry Requirements

All students will need to be 18 years of age or over and will complete a formal application and will be invited to attend an informal discussion interview to ensure that the course meets the applicant's needs and interests; this may be on the telephone or face-to-face. All applications are considered individually. Students must be able to demonstrate a commitment to either the physical activity, health and exercise and fitness sector. Students should be committed to their own personal, professional and academic development.

- Students must have completed a suitable Level 3 qualification and be able to demonstrate an ability to work independently, in groups and be able to work with tutor support and guidance in both practical and academic settings.
- Students will need GCSE English at grade C/grade 4 (or an alternative

#### You will achieve

Foundation Degree of Science in Physical Activity, Health and Exercise, validated by Leeds Trinity University.

equivalent).

- Students without such formal applications are very much encouraged to apply, particularly from applicants who can demonstrate commitment and 'work-related' experience that is appropriate.

As your programme may involve you working with and delivering activities to a range of age groups, you may be required to undertake a satisfactory Disclosure and Barring Service check (DBS).

## Course Overview

This pathway is for students wishing to pursue a career within the health and fitness industries. Some example careers you may wish to progress into include a Fitness Instructor, Personal Trainer, Sports Masseur, Nutritionist and Health Advisor (among others). Individualised and regular work experience is an important part of the course and something of which all students will be required to partake in. The course tutors and class sizes offer a more personalised learning and university experience.

## Course Content

Classes will be made up of a mixture of lectures, taught and theory seminars and discussion groups as well as practical, reflection and private study. You will be required to work in whole and small group teams and independently. You will be required to plan, deliver and evaluate in a range of practical settings and environments as well as prepare for classes by research and reading (otherwise known as directed activities).

Students will be encouraged throughout the curriculum to be active in their skills-development and may well be involved in the wider work of the Sports Academy or health/fitness community in client consultation and physical activity assessment. Students will have the opportunity to work in local organisations and other relevant agencies where and if appropriate.

### Year 1

1. Promoting Health in the Community
2. Inactivity Across the Lifespan
3. Foundations of Anatomy and Physiology for Exercise
4. Psychology of Physical Activity
5. Introduction to Academic Research Skills
6. Principles and Practice of Self-development

### Year 2

1. Healthy Lifestyles and Wellbeing
2. Nutrition and Weight Management
3. Leadership and Instruction in Exercise
4. Healthy Environments
5. Advanced Academic and Research Skills
6. Employability, Enterprise and Creativity

## How will I be assessed?

Assessment will be varied and devised by teachers to best meet the needs of students and the course with most units assessed via coursework. Coursework assessments could take any form but are likely to include essay, reports, presentations, professional discussions, research, group activities as well as practical assessment, evaluation and reflection.

## What Equipment Will I Need?

You will need writing materials, paper, pens and folders. Students will require suitable practical kit (including suitable indoor and outdoor footwear) as well as a whistle and clipboard for assessment activities. Students will require a reliable storage device (USB) and access to a computer and an internet connection at home would be an advantage. Students are advised to bring laptops, tablets or smart devices to support learning that takes place in lessons. Students will be required to purchase branded kit for practical, community and/or fitness industry work.

## Where will I study?

Honeywell Campus and SciTech Digital Innovation Hub

## What can I do next?

It is anticipated that some students may progress on to undertake sports-related degrees such as our BSc (Hons) Top Up in Physical Activity, Health and Exercise and other similar qualifications, or to related employment. The skills developed through the course are transferable into a range of employment scenarios and students will be given support in aiding smooth progression.

## How much does the course cost?

Course fees: £5,995 per year.

## Extra information

### Disability and Dyslexia Service (DDS) Higher Education

We offer a service to any student who has a diagnosis of anything persistent or long-term which might interfere with how they study and manage their day-to-day academic engagement. The service is flexible and shaped around the needs of each individual; it might be consistent support or intermittent support.

For further information please refer to our website. [<https://www.barnsley.ac.uk/higher-education/dds-at-higher-education/>]

## HE Student Finance

As a Higher Education student living in England you may be eligible for the non-means tested Tuition Fee Loan from the Government. For further details go to:  
[www.direct.gov.uk/studentfinance](http://www.direct.gov.uk/studentfinance) [<http://www.direct.gov.uk/studentfinance>]

You may also be eligible for a Maintenance Loan. See the Government website [<https://www.gov.uk/student-finance>] for up-to-date details.

Students with children or dependant adults may qualify for a Childcare Grant or Adult Dependents' Grant. Students can apply for these at the same time as applying for a Maintenance Loan.

**Remember:** Eligible students will not have to pay tuition fees in advance and can apply for the Maintenance Loan before they start the course.

Apply online at [www.direct.gov.uk/studentfinance](http://www.direct.gov.uk/studentfinance) [<http://www.direct.gov.uk/studentfinance>]

## Contact the Information Unit

For further information please contact our friendly Information Team on +44 (0)1226 216 123 or email [info@barnsley.ac.uk](mailto:info@barnsley.ac.uk) [<mailto:info@barnsley.ac.uk>]

## Want to join Barnsley Sports Academy and the Sports Village?

Barnsley College has a range of sports opportunities for all students to take part in, gain professional training and compete nationally and internationally. We also have a state-of-the-art fitness village, Honeywell Sports Village [<https://www.barnsley.ac.uk/shops-services/honeywell-sports-village/>] where students can make use of our fitness suite, spinning studio and classes for competitive rates. You don't have to be studying sport to get involved in the Sports Academy [<https://www.barnsley.ac.uk/our-departments/sport/sports-academy/>].

## Disclaimer

Please note we reserve the right to change details without notice. We apologise for any inconvenience this may cause.

**Last updated:** 20th February 2023

### Want to apply?

Visit <https://www.barnsley.ac.uk/apply> to get started  
Call us on **01226 216 123**