

Access to Higher Education – Sport Science

Truro College has developed a comprehensive Access to Higher Education programme to meet the needs of students. The Access to HE Diploma is awarded by 'CAVA' and is nationally recognised as an alternative educational pathway into higher education. The majority of British universities recognise this qualification as excellent preparation for university and accept the Access to HE Diploma as an alternative to A Levels and other more traditional routes.

Why choose this course?

If you have an enthusiasm for sports combined with an interest in health, fitness or coaching the Access to HE Sport Science may be the stepping stone you need to pursue a career within this sector. This course is designed for students who are 19 years or older and require a level 3 qualification to study in a higher education setting.

You will be taught by lecturers with a broad range of experience who are ideally placed to appreciate your needs and drive your ambitions. While studying your Access to Sports Science at Truro College you will enjoy access to a wealth of cutting-edge equipment and facilities both in and out of curriculum time. This will include three fully-equipped fitness rooms catering for a spectrum of abilities, two sports halls, a purpose-built Cricket centre, two state of the sports halls, therapy suites, sports science labs and physiotherapy suites.

There will also be placement opportunities that could be undertaken in variety of related environments. Possibilities exist internally ranging from the college's Health and Wellbeing programme, Foundation Studies Sports programmes, Strength and Conditioning and Rehabilitation programmes or within the college's sports academy provision. Alternatively, learners could have the opportunity to work with premier and championship rugby teams (Exeter Chiefs or the Cornish Pirates), the Plymouth Raiders who are competing in the top tier of the British Basketball League, the Netball Super League satellite centre or our partner primary and secondary schools.

Students could choose to study from a range of Foundation Degrees at Truro College including FdSc Exercise, Health and Fitness, FdSc Sports Coaching, FdSc Sports Rehabilitation, potentially FdSc Public Services and ultimately our BSc (Hons) Applied Sport and Health Science top up programme. For those students that prefer to study further afield, the Access course would allow you to progress to similar degree programmes across the country.

What will I learn?

The Access course is comprised of 60 credits worth of study at level 3.

Ungraded Units

HE Study Skills
Sports Coaching Practical Skills
Placement Practice

Graded Units

Human Anatomy (3 credits)
Business in Sport (3 credits)
Sports Psychology (6 credits)
Exercise Physiology (3 credits)
Sports Development (6 credits)
Sports Coaching Principles (3 credits)
Fitness Testing and Training (6 credits)
Sports Injuries and Rehabilitation (6 credits)
Sports Science Research Project (9 credits)

Assessment Arrangements

You will complete 12 modules over the year, you will build a portfolio of practical and written evidence. You will be continually assessed in a variety of ways including written reports, presentations, practical demonstrations and external assessments. Each assignment will be based around a scenario which reflects tasks/projects that sports employees would be undertaking in the workplace. For example, a health and fitness instructor conducting client health and fitness assessments.

The Credit System - The course is credit based. Students are required to gain 60 credits in total. 45 credits must be achieved at level 3 from graded units; the remaining 15 credits at level 3 come from ungraded units.

The Grading System - All level 3 credits gained from graded units are awarded a pass, merit or distinction grade based on the learner's knowledge and skills, and the quality of the work. Increasingly, universities are making graded offers to Access students that require students to gain a certain number of credits at merit or distinction level. Some universities require these to be in certain subjects e.g. human biology.

What do I need?

We recommend that you have either GCSE English or maths, preferably both, at Grade 4/C or above, before you commence the course. However, it is advisable to check entry requirements for the degree you wish to study as they may require grades higher than 4/C in GCSE English and/or maths, and may also stipulate a minimum number of GCSEs are required. Applicants are expected to undergo an interview.

Additional Information

Duration

This course is 31 weeks starting in September and finishing in May. Taught hours are 15 hours per week plus 1 hour of tutor. Lectures are taught over 3 days per week. The college day typically starts at 9.15am and ends at 4.15pm.

Advanced Learner Loan

If you are aged 19 or over, you may be eligible for an Advanced Learner Loan to cover your course fees. For further information, please contact: Annabel Aitken on 01872 308193 or email AnnabelA@truro-penwith.ac.uk.

Other Courses of Interest

You may also be interested in the Access to HE: Science

Awarding Body

www.cava.ac.uk