



## **Access to Higher Education - Sport**

### **Course Overview**

The Access Study Programme has been developed for adults who missed out on higher education when they were younger or would like a change of career. The Study Programme aims to provide a firm foundation for progression to study at degree level. For this reason study skills and educational support and guidance form essential elements of the Study Programme. In addition, group and individual tutorial sessions support students and offer guidance with the UCAS process and study skills.

The Diploma is taught by subject specialist teaching staff in a supportive environment to develop the academic skills necessary to progress onto higher education. You will have homework and assignment work set each week with strict deadlines. There is at least 20 hours of additional study at home each week so it is important to ensure that you can plan this in to your weekly schedule.

This Sports Science Diploma is perfect if you are interested in human physiology, sports and healthy living. It's geared particularly towards people with enthusiasm and life experience, who don't yet have the necessary qualifications for further study or a career in sports science.

### **Introduction to this course**

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### **Entry Requirements**

Who can apply? This qualification is for students aged 19 and over. You must have achieved GCSE English and Maths at grade 4 (C) or above.

We are looking for applicants with a high level of motivation to be an independent student with a willingness for self-study, the commitment to study a full time, challenging course with a clear idea of the university level programmes that you wish to progress onto.

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### **How will I be assessed?**

The Access to Higher Education Diploma is predominantly based upon continuous assessment (coursework). There will be a variety of teaching methods used throughout the course, including individual practical work, small group exercises, on-line research, group presentations, whole-class teaching and peer assessment. You will be supported and encouraged to develop and practice the skills that will enable you to become an independent learner and fully prepare you for Higher Education.

The assessment methodology will take a variety of forms including:

Essay

Timed Assessment/End Test

Presentations (with hand-outs/notes)

Report

Micro-Teach

Case Study

Independent Research Study

### **Course content/units**

You will study a range of units that make up the overall Diploma. Unit titles include: Sports Coaching, Human Physiology, Business and Finance, Healthy Lifestyles and Psychology.