

Sport and Exercise Science

Extended Diploma Level 3

STUDY MODE
Full time

LOCATION
Moulton

LEVEL
Level 3

START DATE
Sept 2025

DURATION
2 years



This programme is most suited to students that are interested in sport science careers such as Sport Psychologists, Sport Therapists or Physiotherapists, Sport Scientists, Strength and Conditioning Coaches and Sports Performance Analysts.

This course will provide you with a balance of academic and practical learning, however it is important to note there is a significant amount of research involved in studying for this qualification, and the majority of learners will progress onto university and higher level study.

What will I learn on the course?

Students will build on their understanding of functional anatomy and biomechanics, applying theory into practice.

Additionally, they will learn correct form during sports massages, as well as the impact of sports and injuries on the psychology of athletes.

The course is split into a variety of different units which allows for a wide level of knowledge to be obtained, while also providing learners with a multitude of opportunities onto different higher education courses and sport careers.

The current unit structure of the course is:

Year 1

- Functional Anatomy
- Applied Sport and Exercise Psychology
- Applied Research Methods
- Coaching for Performance and Fitness
- Biomechanics in Sport and Exercise Science
- Physical Activity for Individual and Group Based Exercise

Year 2

- Nutrition for Sport and Exercise Performance
- Sport Injury and Assessment
- Sport Physiology
- Sports Massage *Research Project in Sport and Exercise Science

What will this course cost me?

You will be required to buy sports clothing and shoes for this course. Moulton branded kit can also be brought.

[Click here](#) to find out more about the required sports kit.

What does a typical week look like?

This is a full time course taking place on three days per week from 9am - 4:30pm. There will be a mix of practical and theoretical work which are split into 1 hour - 2 hour lessons. You will have regular breaks, including lunch.

How will I be assessed?

- Practical assessments
- Externally assessed Exams
- Written coursework and workbooks
- Presentations

Where can it lead to?

You could progress to an undergraduate degree, an alternative Level 3 qualification, an apprenticeship or employment within the sports industry.

What are the entry requirements for this course?

Four GCSEs at grade 9-4 (A*-C) (including English and maths), a relevant Level 2 Diploma in Sport or an apprenticeship qualification.

Visit this course on our website: <https://www.moulton.ac.uk/courses/pease/sport-and-exercise-science-extended-diploma-level-3>

For further information please contact the college: <https://www.moulton.ac.uk/contact>