

# Sport & Exercise Science - Exercise, Health & Lifestyle

**Higher National Certificate /  
Higher National Diploma**

STUDY MODE  
Full time

LOCATION  
Moulton

LEVEL  
Level 4

START DATE  
Sept 2025

DURATION  
Two years



Delivered as part of our suite of higher education courses at the college and awarded by Pearson, this programme is designed to support you with progression into relevant areas of exercise, health and lifestyle, or onto degree level study.

This qualification allows you to take your first steps into higher education at HNC Level 4 in the first year, and HND Level 5 in the second year of study.

This qualification will focus on developing a wide range of transferable employability skills and academic study skills where you will learn critical thinking, self-analysis and reflection, effective communication and articulation of information.

You will learn these skills and knowledge through taking part in applied learning situations which will prepare you for a successful career in the exercise, health and lifestyle sector of sport. Upon completion you will be eligible to progress to a top-up degree.

## What will I learn on the course?

This course provides a mix of practical and theory units and modules will be split evenly into two semesters.

### Year 1:

- Physical Activity, Lifestyle and Health
- Training, Fitness, Testing
- Fundamentals of Sport and Exercise Psychology
- Injury Prevention
- Nutrition
- Lifestyle Coaching

- Anatomy and Physiology
- Professional Skills

#### Year 2:

- Contemporary Issues in Health
- Exercise Prescription
- Health Community Engagement
- Sport and Exercise for Specific Groups
- Psychology for Performance
- Research Project
- Work Experience

You will also have the opportunity to develop your employability skills through taking part in additional qualifications such as fitness instructing qualifications, NGB coaching qualifications, first aid certificates, and much more...

## What will this course cost me?

For information about courses fees please refer to our [Fees and Financial Support](#) pages

## How will I be assessed?

Assessment on this course will be through a variety of methods including:

- Practical assessments
- Written coursework and workbooks
- Presentations
- Internally assessed exams

## Where can it lead to?

Following successful completion of this course, students will be able to progress to a Top-up degree.

Employment routes include health, fitness, and sports development pathways such as sports development officers, sport therapists, strength and conditioning coaches, and teaching.

## What are the entry requirements for this course?

48 UCAS points equivalent of PPP for Level 3 Extended Diploma, or MP for Level 3 Diploma.

You will also need a grade 4 (C) in GCSE English and maths to enrol on this course.

#### International Students

If you are an international student looking to study this course please contact our [Student Services team](#) to check the entry requirements for details on country specific entry requirements.

## Good to know

As part of your course you will be able to attain other qualifications such as Emergency First Aid, Defibrillation Training, Level 4 Massage, Fitness Instructing and Personal Training.

There will be an addition charge for these qualifications however this will be at a discounted rate.

Visit this course on our website: <https://www.moulton.ac.uk/courses/phcse/sport-and-exercise-science-exercise-health-and-lifestyle>

*[lifestyle-higher-national-certificate-higher-national-diploma-level-4](#)*

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