

# HNC in Sport and Exercise Science

An in-depth look at the benefits of pursuing an HNC in Sport and Exercise Science. Learn how this course can launch your career in fitness and health.



## What is an HNC in Sport and Exercise Science?

#### **Anatomy and Physiology**

Learn about the human body's structure and function and how it relates to exercise and sport.

#### **Professional Skills**

Develop essential industry skills such as communication, leadership, teamwork, and project management.

#### **Nutrition**

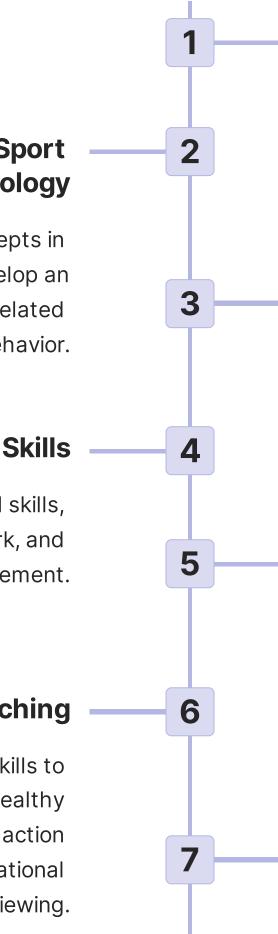
Study the principles of sports nutrition and how it affects performance and recovery.

#### **Psychology**

Understand the mental aspects of sports performance, including motivation, selfconfidence, stress, and anxiety.



## Programme Structure and Course Content



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#### **Unit 1 - Nutrition**

Study the role of nutrition in sports performance, including macro and micronutrients, dietary supplements, and hydration.

#### Unit 3 - Anatomy and Physiology

Learn how the human body functions and adapts to exercise and sport.

#### Unit 7 - Physical Activity, Lifestyle & Health

Learn about the links between physical activity and health promotion, including lifestyle, disease prevention, and behavior change interventions.

#### **Unit 9 - Biomechanics**

Understand the principles of mechanics and physics and how they

#### Unit 2 - Fundamentals of Sport and Psychology

Examine fundamental concepts in sports and psychology and develop an understanding of sport-related behavior.

#### **Unit 4 - Professional Skills**

Develop a range of professional skills, including leadership, teamwork, and project management.

#### **Unit 8 - Lifestyle Coaching**

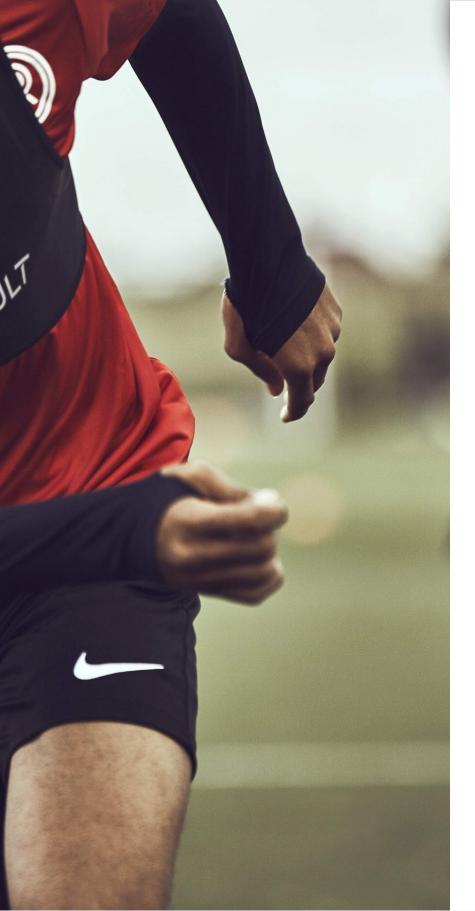
Develop the knowledge and skills to support clients in achieving a healthy lifestyle, including goal setting, action planning, and motivational interviewing.

#### **Unit 11 - Injury Prevention**

Learn how to identify, prevent, and manage common sports injuries.

apply to sports performance and injury prevention.





## Benefits of Pursuing an HNC in Sport and Exercise Science



#### **Career Advancement**

Boost your career prospects in the sports and fitness industry.

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#### **Practical Skills**

Gain practical, hands-on experience and develop skills that are highly valued by employers.

**3** Higher Earnings

Graduates with HNCs typically earn more than those with lower-level qualifications.



### **Career Opportunities for Graduates**



#### **Personal Trainer**

Design and implement tailored exercise programs for clients and provide nutrition advice to help them achieve their fitness goals.



#### **Exercise Physiologist**

Assess and develop exercise programs for individuals with medical conditions or injuries.



#### **Sports Therapist**

Provide injury assessment, treatment, and rehabilitation services to athletes and sportspeople.



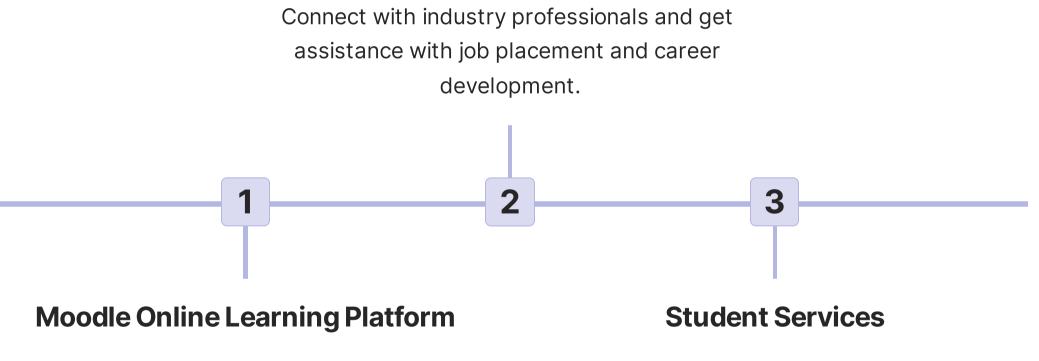
## **Skills and Competencies Gained**

Skills	Competencies
Effective communication	Autonomy
Leadership and teamwork	Critical thinking
Problem-solving and decision making	Professional ethics
Project management	Self-reflection



### **Student Support and Learning Resources**

#### **Career Services**



Get access to all course materials and resources anytime, anywhere.

Get support with academic questions and receive guidance with general issues related to studying at the institution.



## **Conclusion and Next Steps**

#### **Apply Now**

Ready to take the next step? Apply today and get started on your career in sport and exercise science!

**Apply Now** 

