

L3 Sport

Develop your understanding of how your body works during physical exercise, and the practical elements in the sport industry.



Why choose this subject?

Sport allows you to develop your knowledge and understanding of the physiology and psychology of sport in this ever changing and growing sector.

What will I study?

As part of the course you will study body systems and the effects of physical activity, fitness training and programming for health, sport and well-being, and sports coaching and active leadership.

Where can this subject take me?

An engaging programme for those students who are either clear about the area of employment they wish to enter or enthusiastic about following a related course in higher education e.g; teaching, coaching, physiotherapist, fitness instructor or sports nutritionists.

Entry Requirements



4 GCSE PE

Playing an individual sport or as part of a team outside of school is useful but not essential.