A+ Programme Extended Certificate in Sports Science

Ofsted Outstanding Provider

Course Level: Level 3 | **Campus: Newcastle** | **Subject Type: Sport & Public Services**

Course Overview:

Delve into the dynamic field of sports science. From biomechanics to nutrition, students explore the scientific principles behind athletic performance. Through practical workshops, research projects and guest lectures from industry experts, they gain valuable insights and skills to enhance athlete performance, injury prevention and how to support overall health and well-being in athletes of all levels.

What's Covered:

The Sport and Exercise Science sector is at the forefront of the connection between physical activity and health, making it a pivotal field with diverse career opportunities. This course is tailored for individuals aspiring to thrive in the sports industry, preparing you for a university-level pathway in sport or nurturing your passion for sport and exercise sciences.

Equivalent to one A Level this course will provide you with a broad basis of study for the sport and exercise science sector. You will study three mandatory units including:

- Functional Anatomy
- Applied Sport and Exercise Psychology
- Coaching for Performance and Fitness

You can choose your final unit from the following units:

- Biomechanics in Sport and Exercise Science
- Specialised Fitness Training
- Physical Activity for Individual and Group Based Exercise

The course is designed to support progression to higher education when taken as a programme of study that includes other appropriate A Levels.
This course combines well with Sociology and Psychology.

100%

pass rate

100%

achieved Distinction+ in 2026

Entry Requirements:

You will need a minimum of five GCSEs at grade 5 or above including maths and English Language, in subjects relevant to your A Level or A+ Programme subject choices. In addition you will have at least grade 5-5 in Combined Science GCSE or two grade 5s in any science subject. For Sports Science this must include: GCSE Science (preferably Biology) at grade 5 or above.

Assessment Information:

Both Functional Anatomy and Psychology are externally assessed via anatomy being an exam and psychology as an externally written submission. All other units are internally assessed through a range of assessment methods including role plays, written documents, practical's and presentations.

Fees and Financial Support:

This course is free for anyone aged 16 – 18.

College Maintenance Allowance (CMA):
Anyone with a gross household income under £35,000 can receive financial support to cover college related costs such as transport, meals, course equipment and uniform. Bursary support is based on individual circumstances and will be allocated to best suit your individual needs. A range of other financial support is available depending on your personal circumstances. For more details visit nscg.ac.uk/finance

Progression:

You can progress to Higher Education or directly into employment. This course leads to potential career destinations such as;

- Sports Scientist
- Sports Psychologist
- PE teacher
- Sports Nutritionist
- Physiotherapist
- Sports Therapists
- Strength and Conditioning Coach
- Paramedic

What else do I need to know?
Think of what you're capable of. Then think beyond it.

Step up to a top university or move into a competitive programme like Medicine or Law with our Honours Programme. Perfect for ambitious and high-achieving students.

The Honours Programme is an additional pathway for students whose aspirations are to progress onto highly competitive courses at top universities, such as those in the Russell Group. Once accepted onto the programme, you'll be expected to commit extra time every week to this intensive support pathway.

Find out more here

How do I find out more?

If you wish to find out more, or to discuss the course in more detail please contact Hannah Dale: hannah.dale@nscg.ac.uk