

**UCMK & Milton Keynes College**  
*Curriculum of Sports Science, Public Services and Health & Fitness*

**Foundation Degree Sport & Fitness**

***What is the Foundation Degree in Sport & Fitness?***

This course has been designed by the Open University to equip you with the skills and knowledge that are necessary to establish a good career in the world of sport, and in the health & fitness industry. This is a part-time, distance learning course which is designed to fit in with a full-time job or other commitments. Your programme of learning will be supported by exciting Open University materials as well as workshops and tutorials through the year.

You will study the following area in the first two years: Introduction to Sport, Fitness & Management & Working and Learning in Sport and Fitness, followed by two additional modules to complete the Foundation Degree. The course can be completed over a 4 year period.

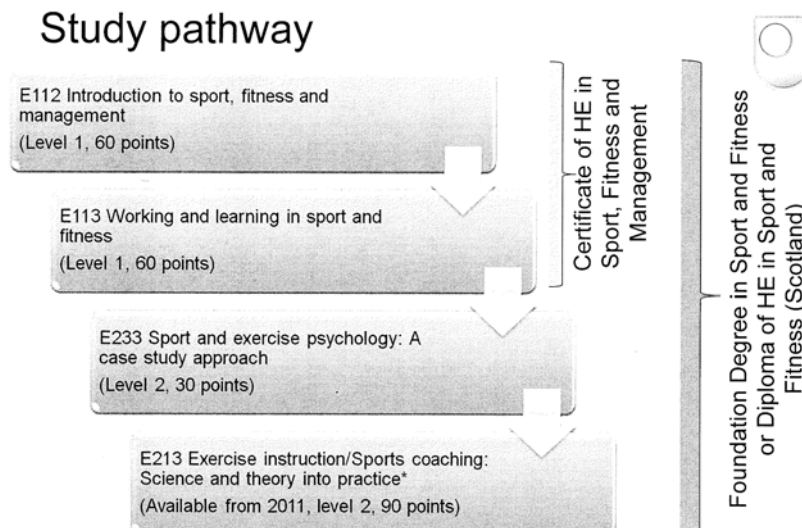
Course content year 1: Introduction to Sport, Fitness & Management (EYP112)

- Introducing Sport, Fitness and Management
- Putting sport and fitness in context
- Physical activity and health
- Training for health, fitness and sport
- Valuing your customers
- Eating to win

Course content year 2: Working and Learning in Sport and Fitness (EYP113)

- Preparing for work based learning
- Encouraging and maintaining motivation
- Communicating effectively
- Leading people and teams
- Enhancing learning and instruction
- You and your customers

**Study pathway**



\* E213 incorporates the separate study of a either an exercise instruction or sports coaching qualification. Those already holding a valid qualification in exercise instruction or coaching at the appropriate level will need to submit their certificate as part of the assessment for E213.

### Next Steps

On successful completion of the Foundation Degree (4 years), you may have the opportunity to top-up your Foundation Degree to the BA/BSc (Open). This will require you to study a further 120 credit points (making 360 points in all). This will take a further year making 5 years in total. If you decide this is too longer commitment you can do just 2 years (EYP112 & EYP113) and get a 'Certificate of HE in Sport, Fitness and Management' (120 credit points only).

### Career Opportunities

Careers include working within the leisure industry as a fitness instructor, duty manager or sports facility manager. In addition there is scope for students to work within the sports science setting, conducting fitness assessments on athletes at a variety of levels of competition.

### ***What are the entry requirements?***

No formal entry requirements. However you must have a keen interest in sport, fitness and health, both from a practical perspective and a theoretical one.

### ***How long will I spend in lectures each week?***

You will attend a total of twelve hours of tutorials throughout each year in order to prepare for the assignments. Therefore the ability to self motivate and undertake a number of hours of home study each week is essential.

### ***What will it cost to do this programme?***

The course costs approximately £650-700 each year (the course lasts for 4 years).

### ***How do I apply for the course?***

Applications should be made through UCMK.

For more information on the course please contact:

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