Unit Information

Unit: Introduction to Sport Science
Level: 3
Credit Value: 3

What you will study:
You will learn the meaning of ‘sports nutrition’, ‘skills acquisition’ and ‘sports psychology’ and their importance within sport science. You will also learn about sports physiology, including; the structure of the skeletal system and its functions.

You will learn about the biomechanics of sports and exercise, with reference to technical, physical fitness and psychological requirements of a sport. The unit will also cover the analysis of sport performance.

How you will be assessed:
1. You will complete a number of short answer questions.