

SPORT, FITNESS & WELLBEING

Sport Level 1

Study Programme Overview

working in the sports, fitness and exercise industries

opportunities to gain real-world experience of your

What You'll Learn

How Exercise Affects the Body

communication and team work

- Work experience or an Industry Placement, giving you

Entry Requirements

No formal qualification required.

How will I be Assessed?

Pre-Professionals Programme

you'll also benefit from everything the University has to offer, with a range of opportunities to build additional skills and experiences, giving you everything you need to become **FUTURE SPORT & FITNESS PROFESSIONAL** field you choose!

Exposure to employers is also an integral part of

opportunities to gain real-word experience of your sector, giving you the qualifications and experience to progress!



