



Middlesbrough College

## Course Factsheet



# A LEVELS WITH SPORT LEVEL 3- MIX IT UP PROGRAMME

## Course title

A Levels with Sport Level 3- Mix it up programme

## FT/PT

FT

## Age group

16-18

## Duration

2 years

## Awarding body

Pearson

## Course overview

This course introduces you to the structure and function of the body's systems in response to sport and exercise. You will cover anatomy and physiology, practical sports performance, fitness training and programming and professional development. You will have time split across theory and practical lessons and would benefit from being involved in sport outside of the classroom.

## What will I study?

Modules include:

- 180 GLH – Equivalent to 0.5 of an A level
- Anatomy and Physiology – External Exam (Mandatory Unit)
- Practical Sports Performance – Internal Assessment (Mandatory Unit)
- Fitness Training and programming – External Assessment (Mandatory Unit)

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- Professional Development – Internal Assessment (Mandatory Unit)

On completion of all four unit's students will leave with the equivalent of 1 A Level – BTEC National Extended Certificate in Sport.

## **When will I study?**

September

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

You should have achieved at least five 9-5 grades at GCSE (not equivalents), including English language and maths. An average GCSE point score of 5.5 recommended (only GCSE grades for this score, not equivalents).

## **How will I be assessed?**

Unit 1 – Anatomy – External Exam

Unit 2 – Fitness Training – External Exam

Unit 3 – Professional Development – Internal Assignments

Unit 7 – Practical Sports- Internal Assignments

## **What can I do next?**

University Opportunities: Past students have progressed to study degrees in sports therapy with rehabilitation, sports coaching, sport science, physical education, education and strength and conditioning, physiotherapy.

Career Opportunities: Career opportunities include outdoor instructors, outdoor leaders, primary and secondary education, sport science, sports coaching and nutrition, therapy and psychologist.

## **How do I apply?**

Please click the apply now button at the top of this page which will take you to an application form to apply for A Levels, or you can download a full time course application [here](#) and print it out, complete the form and send it to the College. You only need to apply once for A Level programmes. After receiving your application form you will be invited to attend an informal interview where you will have a chance to discuss which specific A Level subjects you would like to enrol on.

If you have any queries with regards to your application or you would like further information and support, please contact our Admissions Team on (01642) 333601. Or if you have any enquiries about courses, please contact Course Information on (01642) 333333 or e-mail [CourseInformation@mbro.ac.uk](mailto:CourseInformation@mbro.ac.uk)

## **Will I have to pay fees?**

You will not have to pay tuition fees if you are under 19 on 31 August in the year of your entry to the course.

You must also satisfy UK / EEA residency rules. If you are over 19 or have any questions regarding residency rules, please contact (01642) 333587.

## Venue/location

MC6/ Middlesbrough College

## Level

Level 3

## Course URL

<https://www.mbro.ac.uk/career-choices/application-form?id=19831&offeringId=71867&code=D105&name=A%20Levels%20-%20Level%203>

If you have any further queries, please contact  
Course Information for help on 01642 333333.

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