

# **Malta College of Arts, Science & Technology**

## **Sport Courses**



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# Foundation Certificate in Sport

**Level:** Level 2

**Duration:** 1 Year – Full-Time

## Requirements:

Finished Compulsory Education or MCAST Introductory Certificate

## Career Overview:

This programme of studies serves as a stepping stone to a future working career in the sport sector. The learner experiences the practical and basic theoretical components of a number of sports and fitness related subjects. The vocational study units cover the basics of health and active lifestyles, community sports, fitness training methods and include an introduction to gym-based exercise. Concurrently, learners strengthen their knowledge of the key skills in English, Maltese, Mathematics, Science, Information Technology, and Individual and Social Responsibility.

Throughout the academic year, MCAST and the Institute of Community Services organise a number of sport related extra-curricular activities in which the learners will be invited to participate in order to enrich their experience on campus.

**Link** - <https://www.mcast.edu.mt/courses/cs2-03-21/>

# Diploma in Sport

**Level:** Level 3

**Duration:** 1 Year – Full-Time

## Requirements:

MCAST Foundation Certificate or 2 SEC/O-Level/SSC&P (Level 3) passes Preferred: English Language, Biology, Physical Education

Medical clearance is required.

## Course Overview:

Work Placement

This programme of study covers the basics of Anatomy and Physiology in Sport, Fitness Testing, Fitness Instruction, Fundamental Methodology of Physical Activity and Sport, as well as the theory and practice of the mainstream sports. The syllabus incorporates a work-based learning component thus facilitating the transition into employment for those learners who do not wish to further their studies.

By the end of the course, the learner will be able to assist a Fitness Instructor in the preparation and delivery of basic fitness training programmes. The learner will be encouraged to take part in various sports-related events that are organised on campus.

## Career Path:

Assistant fitness instructor, Sports fundamentals assistant coach, Gym instructor

**Link -** <https://www.mcast.edu.mt/courses/cs3-04-21/>

# **Advanced Diploma in Sport (Development, Coaching and Fitness)**

**Level:** Level 4

**Duration:** 2 Years – Full-Time

## **Requirements:**

MCAST Diploma in Sport or MCAST Diploma in Applied Science or MCAST Diploma in Health and Social Care or MCAST Extended Diploma in Foundation Studies for Security, Enforcement and Protection or 4 SEC/O-Level/SSC&P (Level 3) passes Preferred: Physical, Education, English Language, Biology

Medical clearance required.

## **Course Overview:**

Work Placement

This is a full-time programme with a strong emphasis on work-based learning. The course looks into coaching, fitness and sports development, as well as modules relating to sports injury and sports as a business venture. Placement experience provided throughout the course further strengthens these abilities. During the two years of study, the learner will be exposed to an array of practical and theoretical modules related to the sector

## **Career Path:**

Fitness instructor, Fitness coach, Gym instructor/coach, Sport fundamentals coach, Sport development officer, Sport activity organizer

**Link -** <https://www.mcast.edu.mt/courses/cs4-03-21/>

# **Bachelor of Science (Honours) in Sport, Exercise and Health**

**Level:** Level 6

**Duration:** 3 Years – Full-Time

## **Requirements:**

MCAST Advanced Diploma in Sports (Development, Coaching and Fitness) or 2 A-Level passes and 2 I-Level passes and SEC/O-Level pass in English Language Compulsory A or I Level: Physics or Chemistry or Biology or Physical Education

## **Course Overview:**

### Work Placement

This programme of study covers modules that prepare the undergraduates to work alongside medical and healthcare professionals in promoting physical activity and exercise; and are mapped to the rigorous standards upheld by various international accrediting bodies in the field. The ultimate aim will be to improve the general health of the individual and of society as a whole. Throughout the three years, this course provides learners with hands-on experience to engage in exercise, health and fitness programmes, conferences and events on and off campus, working with different sectors of the community. The undergraduates will develop the knowledge and skills required to assist clients and patients in their various health challenges, noncommunicable diseases, health conditions, injuries or disabilities. Furthermore, the degree programme also aims to facilitate the pursuit of a number of distinctive sport or exercise related Master's (Level 7) programmes.

## **Career Path:**

Personal trainer, Exercise for health professional, Specialist trainer, Sports activity manager, Functional sports trainer

**Link** - <https://www.mcast.edu.mt/courses/cs6-02-21/>