

BTEC SPORT & EXERCISE SCIENCE

What will I learn?

- Unit 1: Sport & Exercise Physiology (EXAM)
- Unit 2: Functional Anatomy (EXAM)
- Unit 3: Applied Sport and Exercise Psychology (EXTERNALLY SET TASK)
- Unit 4: Field and Laboratory-based Fitness Testing
- Unit 5: Applied Research Methods in Sport and Exercise Science
- Unit 6: Coaching for Performance and Fitness
- Unit 7: Biomechanics in Sport and Exercise Science
- Unit 8: Specialised Fitness Training
- Unit 9: Research Project in Sport and Exercise Science
- Unit 10: Physical Activity for Individual and Group-based Exercise
- Unit 13: Nutrition for Sport and Exercise Performance (EXTERNALLY SET TASK)
- Unit 14: Technology in Sport and Exercise Science
- Unit 15: Sports Injury and Assessment (Subject to cohort)

How will I be assessed?

Units are internally and externally assessed.

- External Exams
- External Tasks
- Written Reports
- Individual and Group Presentations
- Oral Viva

Other Information

This Extended Diploma is the equivalent to 3 A-Levels (worth up to 420 UCAS points or 3 A*'s) and consists of 13 Units taught over 2 years.

Future Opportunities:

This course prepares the learner for Higher Education and possible employment.

Career prospects include:

PE Teacher, Sport Teaching, Lecturing, Sport Scientist, Psychologist, Physiologist, Sports Coaching, Physiotherapist, Sport Therapist, Sport Bio-mechanist, Sport Analysis, Nutritionist.

Frequently Asked Questions

Are there any exams?

Yes there are two external exams and two externally set tasks

Is this course right for me?

This course is suitable for those who have a preference for non-exam based assessment, though there are still exams. Continuous on-going assessment removes the pressure normally associated with exams. The course incorporates a mix of practical's, classroom lectures, industry visits and case study exercises.

How do Universities view the BTEC Extended Diploma?

Accept students with this qualification due to it's strengths with research methods and an extended report as part of the mandatory units. These give the course credibility which results in our students receiving offers from their first choice University.

Please check the Pearson website for more details.

www.stmargaretsacademy.com/sixthform



Qualification

BTEC Level 3 Extended

Diploma in Sport and

Exercise Science

(equivalent to 3 A-Levels)

Entry Requirements

At least five Level 2 qualification passes in any subjects at
EITHER GCSE Grade 4
OR GCSE Grade C
OR BTEC Merit