



## BTEC National Certificate in Sport & Exercise Science - Single

**Level 3 = This is a 1 A level course**

This is a 360 GLH (480 TQT). It is equivalent to 1 'A' Levels. It consists of 6 Units of which 3 are mandatory & 2 external. Mandatory content (83%) and External assessment (58%).

The BTEC Sport National certificate qualification provides a broad introduction that gives learners transferable knowledge and skills. This qualification is for post-16 learners who want to continue their education through applied learning. All while still being able to take 3-4 other A Level subjects alongside this qualification. The qualifications prepare learners for a range of higher education courses and job roles related to the sport sector. Practical based learning in a range of field- and laboratory based fitness tests.

Practical demonstrations and Visits to Christchurch University will be used to enrich learning. Practical sessions will be used in MOST of the units (Coaching, fitness testing, planning & participating in 6 week training programmes, and biomechanics). Learners will need to prepare and use appropriate health screening questionnaires and informed consent forms for two contrasting individuals. Learners can practice these skills when working with peers in role-play situations. All of which can be taken into higher education and the working world/careers.

### Mandatory Units

Functional Anatomy (external)  
Coaching for Performance & Fitness  
Applied Sport & Exercise Psychology (external)

### Optional Units (3 units)

Biomechanics in Sport & Exercise Science,  
Specialised Fitness Training,  
Physical activity for individual & group – based Exercise.

#### When?

*Start date: September.*

*Duration: 2 years.*

*Delivery: Part of a full-time programme.*

*Availability: Current and continuing.*

#### Who can do it?

*Age range: 16 – 19.*

*SEN target: None.*

*Entry Requirements: 5 GCSEs at grade 4 and above including Maths and English.*

#### Career Information:

*This course will enable you to go on to Higher Education, studying Sport Science at University or to work within the sport and leisure industry. The majority of our students who pass this course go on to study at University, for example Canterbury Christ Church and St Mary's University, Twickenham.*

#### More information?

*Contact Mr Durrant at the Academy.*