



# BTEC Diploma in Sport & Exercise Science

Level 3 = This is a 2 A level course

The Edexcel BTEC Level 3 Diploma in Sport is a 720-guided-learning-hour (GLH) qualification that consists of 8 Units of which 6 are mandatory & 3 are external. Mandatory Content (83%) & External Content (46%). Students are taught the following mandatory and optional units through classroom and practical delivery.

## Units:

### Mandatory Units

- Sport and Exercise Physiology (external)
- Functional Anatomy (external)
- Applied Sport & Exercise Psychology (external)
- Field & Laboratory – based Fitness Testing
- Applied Research Methods in Sport & Exercise Science
- Coaching for Performance & Fitness

### 2 Optional Units from:

- Biomechanics in Sport & Exercise Science
- Specialised Fitness Training
- Research Project in Sport & Exercise Science
- Sociocultural Issues in Sport & Exercise
- Technology in Sport & Exercise Science

## How is this course Assessed?

- 2 Case studies & 2 written exams
- Units consist of up to 5 TASKS per Unit
- These are either separate Tasks or split into to assessments
- Assessment is both written & practical

### 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 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.*