

BTEC National Extended Diploma in Sport and Exercise Science

(Equivalent to three A Levels)

Course Description:

This vocational course is aimed at those who wish to enter the dynamic area of sports specific employment. There is a core of science based modules specific to sport and exercise which is complemented with exercise and practical sports modules. This is the largest qualification in the suite of BTEC Nationals in Sport and Exercise Science and is equivalent to three A Levels.

Qualifications Required:

Minimum entry requirements apply. In addition, students should have achieved Grade 4 in Maths, Grade 5 in English Language and 2 sciences as well as either GCSE PE Grade 4 or BTEC Level 2 Sport based course as strong pass.

Aims of the Course:

To develop in-depth knowledge of Sport and Exercise Science whilst developing understanding and skills that underpins the sport and exercise science sector. The course will also develop the transferable and higher order skills which are valued by higher education providers and employers.

Future Prospects:

A BTEC Extended Diploma in Sport and Exercise Science will open doors to University study in fields such as sports science, sports marketing, physiotherapy, sports engineering, teaching and coaching to name a few. It is a nationally recognised qualification which will develop a range of skills and techniques, personal qualities and attitudes essential for career progression in the sport and exercise science sector. On successful completion, immediate employment may be sought in areas such as sports psychology, sports therapy, health and fitness industries, sports development, sports injuries clinics, coaching, or physiotherapy.

Student Feedback:

'The teachers are helpful and fair.'

'You learn about behind the scenes aspects, such as management, injuries, diet and how the body works.'

'You learn different skills: work is submitted in a variety of formats, from models to speeches, posters to booklets.'

Features of the Course:

An interest and practical competence in sport is essential as the course involves extensive application of sporting knowledge in theory as well as practical performance, although a high level of practical ability is not required. Excellent written and verbal communication skills are vital as is the motivation to research and work independently to specific deadlines.

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Core Units

All 7 core units will be studied:

- Sport and Exercise Physiology
- Functional Anatomy
- Applied Sport and Exercise Psychology
- Field and Laboratory-based Fitness Testing
- Applied Research Methods in Sport and Exercise Science
- Coaching for Performance and Fitness
- Nutrition for Sport and Exercise Performance

Specialist Units*

6 units from the list of below will be studied:

- Biomechanics in Sport and Exercise Science
- Specialised Fitness Training
- Research Project in Sport and Exercise Science
- Physical Activity for Individual and Group-based Exercise
- Sociocultural Issues in Sport and Exercise
- Technology in Sport and Exercise Science
- Sports Injury and Assessment

*Subject to change

Methods of Assessment:

There are 4 externally assessed units students complete throughout the 2 years. The styles of external assessment include both examinations and externally set assignment tasks.

External Written Examinations (80 marks, 1.5 hours):

- Unit 1 Sport and Exercise Physiology
- Unit 2 Functional Anatomy

External Written Tasks (60 marks, 2 hours):

- Unit 3 Applied Sport and Exercise Psychology
- Unit 13 Nutrition for Sport and Exercise Performance

The remaining 9 units will be assessed continually throughout the 2 years through a combination of assignments, scientific reports and work related assignments. Students will be required to complete written reports, produce posters and deliver presentations. Each of these units will be awarded a grade of Pass, Merit or Distinction.