

CTEC National Extended Diploma in Sport and Exercise Science



Core Units

All 13 core units will be studied:

- Unit 1 – Body Systems and the effects of Physical Activity.
- Unit 2 – Sports Coaching and Activity Leadership.
- Unit 3 – Sports Organisation and Development.
- Unit 4 – Working Safely in Sport, Exercise, Health and Leisure.
- Unit 5 – Performance Analysis in Sport and Exercise.
- Unit 7 – Improving Fitness for Sport and Physical Activity.
- Unit 8 – Organisation of Sports Events.
- Unit 11 – Physical Activity for Specific Groups.
- Unit 12 – Nutrition and Diet for Sport and Exercise.
- Unit 14 – Working in Active Leisure Facilities.
- Unit 17 – Sports Injuries and Rehabilitation.
- Unit 18 – Practical Skills in Sport and Physical Activities.
- Unit 21 – The Business of Sport.

Specialist Units*

4 additional units will also be studied:

- Unit 10 – Biomechanics and Movement Analysis.
- Unit 13 – Health & Fitness Testing for Sport and Exercise.
- Unit 19 – Sport and Exercise Psychology.
- Unit 20 – Sport and Exercise Sociology.

*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:

- Unit 1 – Body Systems and the effects of Physical Activity.
- Unit 3 – Sports Organisation and Development.
- Unit 4 – Working Safely in Sport, Exercise, Health and Leisure.
- Unit 21 – The Business of Sport.

The remaining 13 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.