

# BTEC SPORT AND EXERCISE SCIENCE

## COURSE OVERVIEW

### What is a BTEC Level 3 Diploma?

The BTEC Level 3 Diploma in Sport and Exercise Science is a full-time vocational qualification that is equivalent to 2 A-levels. Taken alongside a further qualification related to their chosen field, this qualification is for learners who are intending to study towards a degree in the sport and exercise sector, Higher Education, Employment or an Apprenticeship.

The programme is designed to enable students to gain both academic and practical experience and become competent in areas that are directly related to the workplace. This course allows you to develop skills in a sports environment, while continuing to enjoy practical sports performance, gaining experience and qualifications in coaching. The course provides progression opportunities into vocationally relevant employment or higher education, including a guaranteed place scheme for HE sport options within the department.

Who is the course for?

Those with an interest in; PE teaching, athlete development, professional sport, Leisure Centre management, sports development, sports coaching, health and lifestyle management, personal training, nutrition, sports injury rehabilitation.

### The Course Content will include:

Sport Psychology, Coaching for Performance and Fitness, Analysis of Sport Performance, Biomechanics, Anatomy and Physiology, Fitness training for excellence, Fitness testing and Research Methods.

## HOW WILL I BE ASSESSED?

Total units: 8—6 Mandatory Units PLUS 2 Optional Units. 2 Units will be externally assessed during 2 x 90 minute exams in Anatomy Physiology and Exercise Physiology. **A further Unit, Sports Psychology, is assessed via 3 hour Exam Controlled assessment. The remaining 5 Units are coursework based and include a variety of assignments and scenarios.**

## ENTRY REQUIREMENTS

- Minimum Grade 5 at GCSE Physical Education or Science
- One sport at College level or higher representation, for practical assessment.
- A commitment to College sport.

Where can this course lead me?

The BTEC Level 3 Diploma in Sport and Exercise Science provides a natural route into higher education for courses such as Foundation Degrees and Honours Degrees in sport related disciplines. This progression will inevitably depend on your performance, the course allows you to obtain 112 UCAS points (equivalent to 2 A\*s at A Level).



## WHY STUDY THIS SUBJECT?

The sports industry is one of the fastest growing sectors of modern society. You only have to look at the rise of performance analysis in Premier League football or at the growth of the Olympic and Paralympic movements to see that, with the right qualifications and a passion for sport, there are a huge number of exciting opportunities open to talented young people.

*BTEC SPORT AND EXERCISE SCIENCE* could represent one of the first steps towards these opportunities. With a solid grounding in a wide range of sports disciplines, our students go on to study sports related courses at a number of the Universities or gain job opportunities in the North West sports sector. Possible career pathways for those with *BTEC Sport* and Exercise science include Sports Coaching, PE teaching, Match Analyst, Nutritionist, Journalist, Sports Development Officer, Sports Retail and many more.

Recent Old Boys are currently working in:- Teaching, Sports Coaching, Performance analysis, Paramedic and in the Media working as a Sports Journalist. Others are currently studying Sports Nutrition, Sports Technology, Sports Psychology and in a wide range of other Degree courses.



**Further Information:** Please see Mr Hale or email [ahale@st-anselms.com](mailto:ahale@st-anselms.com)