

The background of the slide features a dense pattern of green, lobed leaves, possibly from a maple tree, with some leaves showing slight reddening at the edges. This background is framed by a thick red border. Two semi-transparent grey rectangular boxes are overlaid on the left side of the image, containing white text.

BTEC Sport and Exercise Science

Extended Diploma
Equivalent to 3 A Levels
Accepted by universities nationwide



BTEC Sport and Exercise Science

Extended Diploma
Not what they used to be!

The Facts

Two years of study

13 units

4 externally assessed – exam conditions

9 internally assessed – assignment based (externally moderated)

Lessons are a mix of theory and mandatory practical's

Teaching Staff

You will be taught by 3 different teachers –
each leading on their specialist subjects



What can I do with the qualification?

Some of our previous students have gone on to study sports science, psychology of sport, coaching, business and sports management at

LOUGHBOROUGH

Nottingham Trent

Leeds

Sheffield

To name a few

What can a BTEC offer?

- Vast range of knowledge
- Employability skills
- University skills
 - Study skills



Practically Applied Units

Coaching

Physical Activity (PT and instruction)

Specialised fitness

Fitness Testing

Sports Massage



Theory Based Units



- **Anatomy and Physiology**
 - **Psychology**
 - **Nutrition**
- **Research Methods**
 - **Biomechanics**
- **Sociocultural studies**

Examined Units

Physiology – 1hr 30mins Exam

Psychology – 2hr Case Study

Anatomy - 1hr 30mins Exam

Nutrition - 2hr Case Study

Two taken each year

2 Retakes permitted



Internally Assessed Units

- Assignment Brief
- Unit content
- Essay, presentation, leading practical sessions, client consultations
- Teacher assessed P,M or D grade

BTEC Assignment

Qualification	
Unit number and title	
Learning aim	
Assignment title	
Assessor	Miss K Brown
Issue date	28.1.20
Hand in deadline	10.2.20

Unit 8:
A: Examine the demands of sport that require fitness requirements and physical characteristics to effective training and performance

Vocational Scenario or Context
You are working as an **assistant coach** at Ashbourne Community Sports Club where a range of different sports are played.
The head coach would like you to **select and specialise in one sport** that you are most interested in. They will need you to be able to **demonstrate your understanding** of the characteristics and demands of the sport that you have selected and how they **will affect the players training and performance**.

Task 1
You are required to write a **written report** that you can give to the head coach about the sport that you would like to assist in coaching.
Your report should include an **evaluation** of the following:

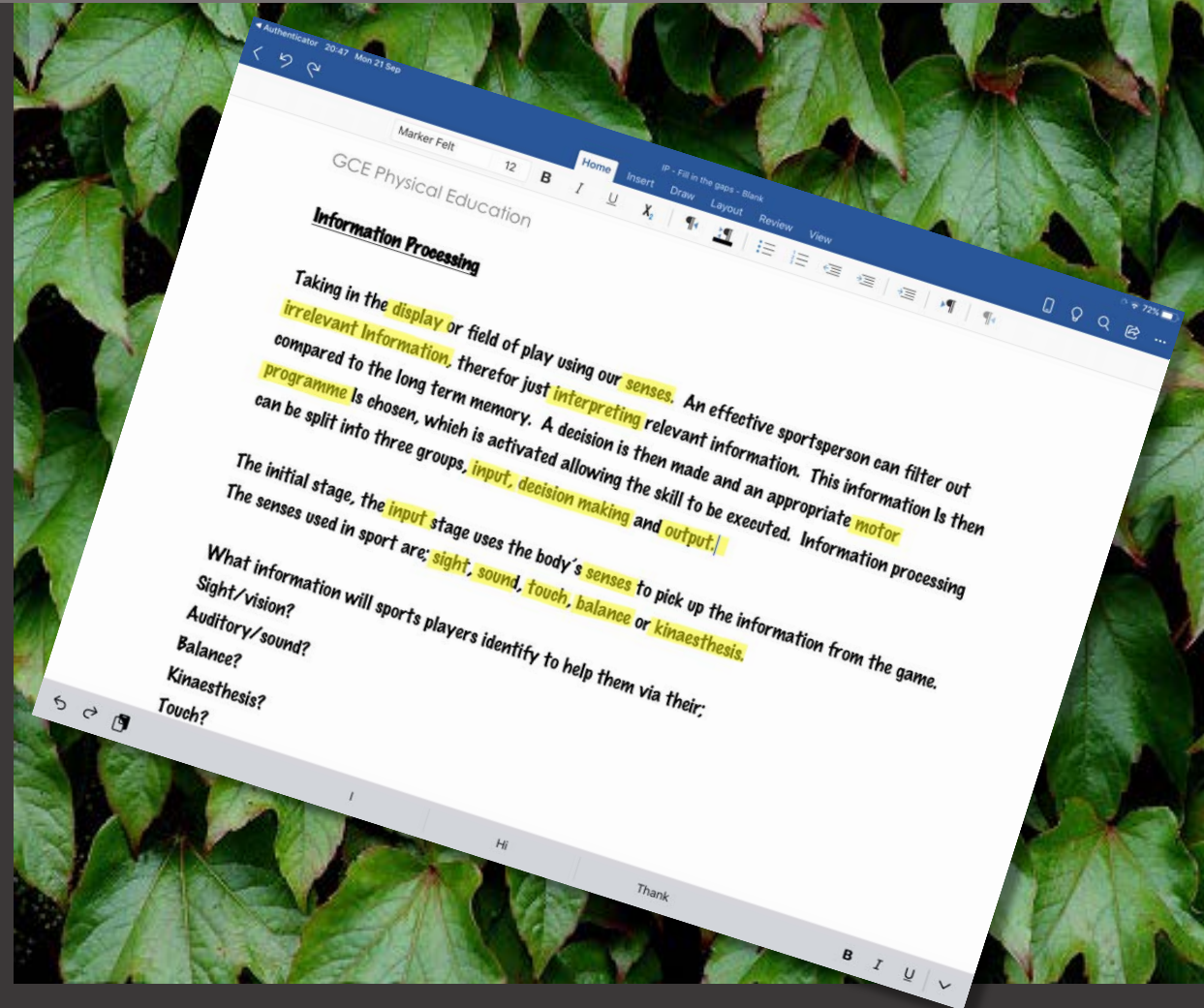
- The **characteristics** of the sport
- The **fitness demands** of the sport including the skill related fitness and physical fitness
- **Movement patterns** used in the sport
- The **energy systems** used in the sport and energy expenditure of the sport
- **Factors that influence** training and performance

In your evaluation, make sure you **include practical examples** in your written report any conclusions that you provide in your report. You must also refer to data analysis of a match(es) and provide information on the significance and importance on your planning of the athletes performance.

Written report

Resubmissions

Resubmissions are given for each assignment to improve your grade providing all deadlines are met



Grading

Grade Achieved	UCAS Points
***	168
**	160
*	152
DDD	144
DDM	128
DMM	112
MMM	96
MMP	80
MPP	64
PPP	48

Structures of the qualifications at a glance


This table shows all the units and the qualifications to which they contribute. The full structure for this Pearson BTEC Level 3 National in Sport and Exercise Science is shown in *Section 2*. **You must refer to the full structure to select units and plan your programme.**

Key

Unit assessed externally **M** Mandatory units **O** Optional units

Unit (number and title)	Unit size (GLH)	Extended Certificate (360 GLH)	Foundation Diploma (510 GLH)	Diploma (720 GLH)	Extended Diploma (1080 GLH)
1 Sport and Exercise Physiology	120			M	M
2 Functional Anatomy	90	M	M	M	M
3 Applied Sport and Exercise Psychology	120	M	M	M	M
4 Field and Laboratory-based Fitness Testing	90			M	M
5 Applied Research Methods in Sport and Exercise Science	90		M	M	M
6 Coaching for Performance and Fitness	90	M	M	M	M
7 Biomechanics in Sport and Exercise Science	60	O	O	O	O
8 Specialised Fitness Training	60	O	O	O	O
9 Research Project in Sport and Exercise Science	60		O	O	O
10 Physical Activity for Individual and Group-based Exercise	60	O	O	O	O
11 Sports Massage	60		O	O	O
12 Sociocultural Issues in Sport and Exercise	60		O	O	O
13 Nutrition for Sport and Exercise Performance	120				M
14 Technology in Sport and Exercise Science	60				O
15 Sports Injury and Assessment	60				O

University Courses



University of Aberdeen
Degree level: Undergraduate

SPORTS AND EXERCISE SCIENCE WITH INDUSTRIAL PLACEMENT

Course options

2020 - 2021 2021 - 2022

Qualification type: Master of Science (with Honours) - MSci (Hon)
Location: Main Site



Anglia Ruskin University
Degree level: Undergraduate

SPORT AND EXERCISE THERAPY

Course options

2020 - 2021 2021 - 2022

Qualification type: Bachelor of Science (with Honours) - BSc (Hons)
Location: Cambridge Campus
Start date: 13 September 2021
Duration: 3 years
Study mode: Full-time




University of Bath
Degree level: Undergraduate

SPORT (SPORTS PERFORMANCE)

Course options

2021 - 2022

Qualification type: Foundation Degree in Science - FdSc
Location: Main Site
Duration: 2 years



University of Bedfordshire
Degree level: Undergraduate

SPORT JOURNALISM

Course options

2020 - 2021 2021 - 2022

Qualification type: Bachelor of Arts (with Honours) - BA (Hons)
Location: Luton Campus
Start date: September 2021
Duration: 3 years
Study mode: Full-time



Abertay University
Degree level: Undergraduate

SPORT AND MANAGEMENT

Course options

2020 - 2021 2021 - 2022

Qualification type: Bachelor of Arts (with Honours) - BA (Hons)
Location: Dundee Campus
Start date: 30 August 2021
Duration: 3 years
Study mode: Full-time