

SPORT AND EXERCISE SCIENCE

BTEC LEVEL 3 EXTENDED DIPLOMA TRIPLE AWARD

Course Length: Studied over two years
Examination Board: Pearson Edexcel
Course Leader: Miss K Brown (brown@queenelizabeths.derbyshire.sch.uk)

Pearson BTEC Level 3 National Extended Diploma (1080 Guided Learning Hours - Equivalent of 3 A-Levels)

This is a two year full-time course providing a specialist, work-related programme of study. It covers the key knowledge and practical skills required for those who have already decided the specialist area they wish to study. This course is equivalent to three A-Levels.

The qualification gives learners knowledge, understanding and skills that underpin the sport and exercise science sector to prepare them for further study or training at a higher level.

GCSE PE is NOT required for success on this course.

Students will study 7 mandatory content areas

- Applied Research Methods in Sport and Exercise Science
- Applied Sport and Exercise Psychology (Pre-release task)
- Coaching for Performance and Fitness
- Field and Laboratory-based Fitness Testing
- Functional Anatomy (exam based)
- Sport and Exercise Physiology (exam based)
- Nutrition (Pre-release task)

Optional units are then chosen to complement the mandatory units

- Specialised fitness training (group dependent) in Sport and Exercise Science
- Physical Activity for Individual and Group-based Exercise
- Sociocultural Issues in Sport and Exercise
- Research Project in Sport and Exercise Science
- Sports Massage
- Sports Injury and Assessment

Students will build a portfolio based around evidence generated by the various assessment methods in each unit.

Students can expect to be assessed through:

- External Examination (x2)
- External pre-release tasks (x2)
- Logbooks and performance records
- Written reports and essays
- Presentations
- Workbooks
- Student Assignment