



# Sport and Exercise Science

BTEC National Diploma (previously known as Certificate).

## ***What are the aims of the course?***

The course is a practical, work related course. You learn by completing projects and assignments that are based on realistic workplace assignments, activities and demands. This course is equivalent to 2 A Levels.

## ***What does it involve?***

### Core units:

- The Body in Action
- Health and Safety in Sport
- Training and Fitness for Sport
- Fitness Testing for Sport and Exercise
- Sports Nutrition
- Psychology for Sports Performance
- Technical and Tactical Skills in Sport
- The Athlete's Lifestyle

### Unit Specialist units – four units must be taken

- Sports Coaching
- Sport and Society
- Sports Injuries
- Analysis of Sports Performance
- Sport and Exercise Massage
- Rules, Regulations and Officiating in Sport
- Work-based Experience in Sport

## ***How is it assessed?***

All units are assessed and graded internally. Coursework is produced for all units. An overall grade for the course is awarded as a combination of the grades achieved.

## ***Are there any specific entry requirements?***

The normal entry requirements apply for an Advance course (5 A\* to C), including a pass for PE (BTEC) or a C in GCSE PE.

## ***Why is it a useful qualification?***

It is equivalent to three A levels which would allow you to pursue a career in the expanding sport and leisure industry or progress to a higher education course. Students will also have the opportunity to partake in the Community Sports Leadership Award.