

# Sport and Exercise Science

BTEC Level 3 National Diploma or Extended Diploma



ST. MARY MAGDALENE

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PENINSULA CAMPUS

Excellence through innovation,  
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Exam Board: **Pearson**

## What is Sport and Exercise Science?

BTEC Sport Level 3 is a continuation from GCSE PE or BTEC Sport Level 2. This particular qualification is equivalent in size to 2 A Levels (*National Diploma*) or 3 A Levels (*Extended Diploma*). Students who study Sport and Exercise science will have the opportunity to develop practical skills across a variety of sports, as well as develop coaching and leadership skills.

## What will I study?

### Mandatory Units:

- Sport and Exercise Physiology
- Functional Anatomy
- Applied Research Methods in Sport and Exercise Science
- Applied Sport and Exercise Psychology
- Field and Laboratory-based Fitness Testing
- Coaching for Performance and Fitness
- Nutrition for Sport and Exercise Performance (*Extended Diploma Only*)

### Optional Units:

National Diploma students will take a further 2 optional units whereas Extended Diploma students will take a further 6 optional units.

## What entry requirements will I need?

In addition to the general entry requirements for this programme of study BTEC Sport Level 2 at grade Merit + and GCSE PE at grade 5 + is required.

## How will I be taught?

Students will be taught through a variety of teaching techniques with a combination of practical and theoretical lessons.

## How will I be assessed?

A combination of written examination, coursework and tasks set by Pearson in exam conditions with time constraints.

## What career opportunities does this open up?

Careers in the Sporting industry such as; Sports Coaching, Physiotherapist, Sports Psychologist, PE Teacher and varying roles within professional sports teams.