

BTEC Level 3 Subsidiary Diploma in Sport and Exercise Science

Exam board: Edexcel Duration: 2 years

COURSE DETAILS/UNITS AND AIMS

The annual contribution of the sport sector to the UK economy is over £8 billion. This sector has more than 36,000 employers creating work for more than 600,000 full-time and part-time employees, and 5 million plus volunteers.

Sport and exercise scientists continue to be a growing presence in the world of sport, and as we look to the future, all the signs suggest that their influence in sport will increase.

From the elite performers' reliance on a large support team, to the casual gym user's use of ergogenic aids, sport and exercise sciences' core elements of anatomy, physiology, psychology and biomechanics are seen in almost every aspect of, and activity within, the sport and active leisure sector. The 'Edexcel BTEC Level 3 Subsidiary Diploma in Sport and Exercise Science' is suitable for those who wish to build a career or have a keen interest in Sport and Exercise Science. The course aims to give full-time learners the opportunity to enter employment in the sport and active leisure sector or to progress to higher education vocational qualifications such as the Edexcel BTEC Higher Nationals in Sport or related areas. Also offer learners the opportunity to develop a range of techniques, personal skills and attributes essential for successful performance in working life. It is equivalent to one GCE A-Level. You will be assessed internally through coursework: Pass/Merit/Distinction. You will complete 6 units, 3 of which are mandatory (U1, 2 & 3) and 3 others which will be chosen depending on the needs of the students and resources available. (One from the * options will be the chosen)

Mandatory Units

Unit 1: Anatomy for Sport and Exercise
Unit 2: Sport and Exercise Physiology
Unit 3: Sport and Exercise Psychology

Other units

Unit 7: Exercise, Health and Lifestyle*
Unit 12: Sports Nutrition*
Unit 13: Current Issues in Sport
Unit 15: Sports Injuries
Unit 23: Work Experience in Sport*

SKILLS AND QUALIFICATIONS PREFERRED

- GCSE PE—Grade C or above. A lower grade may be considered on recommendation from your GCSE PE Teacher.
- TEC in Sport—Merit or higher. A Pass grade may be considered on recommendation from your BTEC Sport Teacher.
- Science grade C or higher (Triple Science Biology C Grade+) – Due to the scientific nature of the course)
- A knowledge and interest in sport – You will be expected to apply knowledge to sporting situations therefore and understanding of sport and exercise is vital for success in this course.
- The majority of the course will be theoretical. If you prefer 'doing' sport and exercise then you would be better suited to the Level 3 BTEC Sport course.
- Independent learning – The course is entirely coursework based and there is an expectation that you will complete work at home and in study periods as well as during timetabled lessons.
- Further Research and Reading – In order to achieve in this course you will be required to develop your knowledge and understanding through further reading.
- Organisational skills – It is imperative that you are organised by meeting all deadlines for coursework. Failure to do this could result in failure of the course.

CAREER INFORMATION

University Entry—Higher Education. The majority of universities in the UK recognise BTEC's alongside the traditional A-Level courses.

Employment in the Sports, health and recreation Industry

A basis to progress to other industry-recognised qualifications.

FURTHER INFORMATION PLEASE CONTACT – Mrs Laura Rolph: OR Mrs Julie Pearce: