

## Level 3 National Extended Diploma in Sport and Exercise Science



### Summary of content

Two-year full-time course which meets entry requirements in its own right for learners wanting to progress to university or other higher education in sport.  
Provides progression to higher education with a view to teaching, coaching, leisure centre management and sports rehabilitation.

### Exam board & Specification

Pearson BTEC Nationals in Sport and Exercise Science NQF

### Exam Assessment Details

Students are to study a diploma (equivalent to two A-Levels) or the extended diploma (equivalent to three A-Levels).

There are mandatory units which must be completed and the school will select additional optional units.

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

### Support Materials for independent study

Pearson BTEC National Sport and Exercise Science Student book  
Btec National Sport and Exercise Science 4<sup>th</sup> Edition by Jennifer Stafford-Brown  
Sports Coach - [www.brianmac.demon.co.uk](http://www.brianmac.demon.co.uk)  
Central Council for Physical Recreation – [www.ccpr.org.uk](http://www.ccpr.org.uk)  
Health and Safety Executive – [www.hse.gov.uk](http://www.hse.gov.uk)  
Royal Society for the Prevention of Accidents – [www.rospa.com](http://www.rospa.com)

**Entry Requirements:** Preferred B grade in Maths, Science and PE.

## **How will I be assessed?**

You will be assessed continually through practical project work, coursework, written assignments and through giving presentations.

## **What are the assessment methods?**

Assessment is through externally marked exams and case studies, and a variety of internally marked coursework-based methods.

The externally marked units are:

- Sport and Exercise Physiology
- Functional Anatomy
- Applied Sport and Exercise Psychology
- Nutrition for Sport and Exercise Performance

Internal coursework assessment methods can include:

- Case studies
- Observation of practical work
- Assignments
- Work-based projects
- Presentations

## **What can the course lead to?**

The BTEC Level 3 Extended Diploma in Sport and Exercise Science provides a natural route into higher education for courses such as Foundation Degrees and Honours Degrees in sport science related disciplines or physiotherapy related careers. This progression will inevitably depend on your performance, the course allows you to obtain 420 UCAS points (equivalent to 3 A\*s at A Level).

A banner for the BTEC Level 3 Sport and Exercise Science course. The text 'BTEC Level 3 Sport and Exercise' is displayed in white on a dark purple background. The background features a blurred image of a red running track with white lane markings and a large white number '3' on the ground.

**BTEC Level 3  
Sport and Exercise**