

BTEC Sport and Exercise Science



The qualification provides the knowledge, understanding and skills that will prepare you for further study or training at a higher level. Everyone taking this qualification will study six mandatory units, covering the following content areas: • sport and exercise physiology • functional anatomy • applied sport and exercise psychology • field- and laboratory-based fitness testing • applied research methods in sport and exercise science • coaching for performance and fitness. You will also choose two units from a small range of optional units, which have been designed to support progression to a variety of sport courses in higher education and to link with relevant occupational areas. This will allow you to choose a specific specialist area in which to develop your skills, knowledge and understanding.

	1	2	3	4	5	6
Year 12	Functional anatomy (Exam) Sports Coaching (coursework)	Functional anatomy (Exam) Sports Coaching (coursework)	Functional anatomy (Exam) Physical activity for groups (coursework)	Functional anatomy (exam) Sport and exercise physiology (exam)	Functional anatomy (exam) Sport and exercise physiology (exam)	Physical activity for groups (coursework)
Year 13	Applied sport psychology (exam) Fitness testing (coursework)	Applied sport psychology (exam) Fitness testing (coursework)	Applied sport psychology (exam) Specialised fitness training (coursework)	Specialised fitness training (coursework)	Specialised fitness training (coursework)	

Entry requirements:
English grade 5
Science 4,4
Maths 4

What can this course lead to?

In addition to the sport and exercise science sector-specific content outlined above, the requirements of the qualification will mean that you develop the transferable and higher-order skills that are highly regarded by higher education and employers. For example, the study of sport and exercise science particularly encourages the development of skills and behaviours such as teamwork, leadership, problem solving, creative thinking, research, performance analysis, resilience, evaluation, analysis and synthesising concepts. These skills are developed through the variety of approaches to teaching and learning enabled by the specification.