

BTEC Level 3 National Diploma in Sport and Exercise Science



Introduction:

This qualification is primarily designed to support progression to employment after further study at university. However, it also supports learners who may choose to progress directly to employment, as the transferable knowledge, understanding and skills will give learners an advantage in applying for entry level roles or 'school leaver' industry training programmes and Higher Apprenticeships in areas such as sport and fitness training, coaching, and sports performance research.

Course structure:

720 GLH (960 TQT) Equivalent in size to two A Levels.

8 units of which 6 are mandatory and 3 are external.

Mandatory content (83%)

Careers:

- Personal Trainer
- Sport & Exercise Psychologist
- Sports Therapist
- Exercise Physiologist
- Fitness Centre Manager
- Sport Teacher
- Sport Coach
- Sport Development Officer

Assessment:

Internal assessment (58%):

Unit No.	Title
4	Field & Lab-based Fitness Testing
5	Applied Research Methods in Sport & Exercise Science
6	Coaching for Performance & Fitness
8	Specialised Fitness Testing
10	Physical Activity for Individual & Group-based Exercise

External assessment (42%):

Unit No.	Title
1	Sport & Exercise Physiology
2	Functional Anatomy
3	Applied Sport & Exercise Psychology

Entry requirements:

To be admitted onto this course you will need to meet the following requirements:

- BTEC Technical Award in Sport Level 2 Merit and above
- Grade 5+ in GCSE English and Science