

BTEC Level 3 National Extended 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:

1080 Guided Learning Hours (1420 TQT)
Equivalent in size to three A Levels.
13 units of which 7 are mandatory and 4 are external.
Mandatory content (67%).

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

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
7	Biomechanics in Sport & Exercise Science
8	Specialised Fitness Testing
10	Physical Activity for Individual & Group-based Exercise
12	Sociocultural Issues in Sport and Exercise
14	Technology in Sport and Exercise Science
15	Sports Injury and Assessment

External assessment (42%):

Unit No.	Title
1	Sport & Exercise Physiology
2	Functional Anatomy
3	Applied Sport & Exercise Psychology
13	Nutrition for Sport & Exercise Performance