

## **BTEC National Sport and Exercise Science (NQF)**

Extended Diploma (1080 GLH)

### **Course Content**

The course runs over 2 years and is the equivalent of 3 A-Levels. To pass the course students must complete 13 units, 7 of which are mandatory and 4 are externally assessed.

### **Mandatory Units**

<b>Unit Title</b>	<b>Unit Size</b>	<b>How is the unit Assessed?</b>
Sport and Exercise Physiology	120	Externally
Functional Anatomy	90	Externally
Applied Sport and Exercise Psychology	120	Externally
Field and Laboratory Based Fitness Testing	90	Internally
Applied Research Methods in Sport and Exercise Science	90	Internally
Coaching for Performance and Fitness	90	Internally
Nutrition for Sport and Exercise Performance	120	Externally

### **Optional Units**

<b>Unit Title</b>	<b>Unit Size</b>	<b>How is the unit Assessed?</b>
Biomechanics in Sport and Exercise Science	60	Internally
Specialised Fitness Training	60	Internally
Technology in Sport and Exercise Science	60	Internally
Physical Activity for Individual and Group-based Exercise	60	Internally
Sociocultural Issues in Sport and Exercise Science	60	Internally
Sports Injury and Assessment	60	Internally

### **That is a BTEC Extended Diploma?**

BTEC Nationals Sport and Exercise Science is a vocational type of course. It is linked to the specific area of Sport and Exercise Science industry. The course will provide opportunities to learn various industry specific skills that will allow you to move towards further study at university level or into the Sport and Exercise Science industry. The course is nationally recognised and attracts points on the NQF Framework in the same way as A-Level qualifications.

### **Expectations**

All students will be expected to show a clear commitment to the extra-curricular sports programme at the school either in a playing, officiating or coaching role. There would also be requirements to assist in Key Stage 3 PE lessons and various after school primary school events throughout the two year course.