

Level 3 Sport & Exercise Science

What Will I Learn?

You will study seven mandatory content areas

- Applied Research Methods in Sport and Exercise Science
- Applied Sport and Exercise Psychology
- Coaching for Performance and Fitness
- Functional Anatomy
- Sport and Exercise Physiology
- Field and Laboratory-based Fitness Testing

The optional content areas include:

- Biomechanics in Sport and Exercise Science
- Research Project in Sport and Exercise Science
- Physical Activity for Individual and Group-based Exercise
- Sociocultural Issues in Sport and Exercise
- Specialised Fitness Training
- Sports Massage

Is This Course Right For Me?

The qualification gives you the knowledge, understanding and skills that underpin study of the Sport and Exercise Science sector, and gives the additional breadth and depth to prepare you fully for further study or training. This includes the opportunity for students to choose several topics from a selection of options reflecting progression in Sport and Exercise Science. The optional units have been designed to support progression to sport and exercise science courses in higher education.

What can I do next?

Apprenticeships including Advanced Level in Coaching and Personal Training. Job roles include Personal Trainer; Assistant Sports Coach, or Sports and Activity Coordinator. It could also provide a route into Higher Education on a sport related programme such as Sport and Physical Education, Sports Science or Sports Coaching and Development

Further course content and assessment

You will be expected to:

- Keep a record of the information you find and the sources
- Plan your work in a logical order and keep a record of your progress

Summary

Level: Level 3

Duration: 1-2 Year

Qualification:
BTEC Diploma in Sport
& Exercise Science
(equivalent to 1-2 A Levels)

Entry Requirements:
6 GCSEs graded Grade 4 or
above including GCSE PE at
grade 4 or above or a Level
2 equivalent at merit level

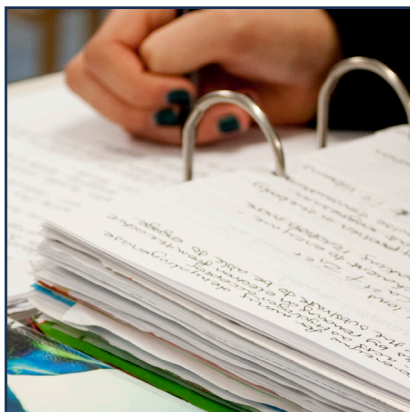
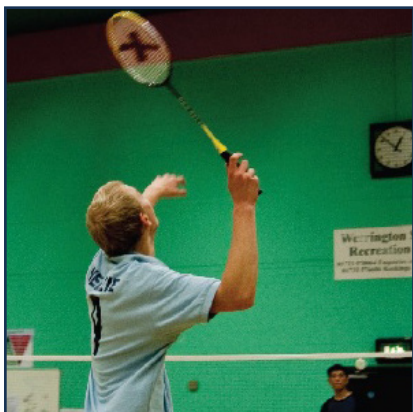
- Talk to your teachers about your ideas and how to achieve the best results
- Produce drafts and final copies of your work
- Produce good quality work with high standards of grammar and spelling
- Present your work in a suitable format according to the purpose and the audience
- Evaluate your work and make suggestions for improvement
- Meet deadlines
- Keep a record of the work you have completed, including the grades and points you have been awarded

How will it be assessed?

Units are assessed using a grading scale of Distinction, Merit, Pass and Unclassified. All mandatory and optional units contribute proportionately to the overall qualification grade, for example a unit of 120 GLH will contribute double that of a 60 GLH unit. Qualifications are graded using a scale of PPP to D*D*D*. Depending on total points scored across the course of the year

To achieve any qualification grade, learners must:

- Complete and have an outcome (D, M P or U) for all units within a valid combination
- Achieve the required units at pass or above (Units 1,2,3,4,5,6).
- Achieve the minimum number of points at a grade threshold and for the Extended Diploma achieve a minimum of 900 GLH at pass or above.



Staniland Way
Werrington
Peterborough
PE4 6JT
t: 01733 765950
www.kscs.org.uk

For more information please contact the school on
Post16Courses@kscs.org.uk

Aspire for Excellence and Integrity to gain Success



www.kscs.org.uk