

# BTEC Level 3 Sport & Exercise Science



**Exam Board:** Pearson

**Entry requirements:** Grade 4 in GCSE Maths and GCSE English Language, Grade 5 in GCSE Science

## Intent

### Structure

Learners must complete the ten units over 720 Guided Learner Hours to achieve the Diploma award which is equivalent in size to two A Levels. The qualification gives learners the knowledge, understanding and skills that underpin the sport and exercise science sector to prepare them for further study or training at a higher level.

## Implementation

### Content & Sequencing

Learners will study six mandatory content areas:

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

Optional units have been designed to support progression to a range of sector-related courses in higher education, and to link with relevant occupational areas.

The optional content areas include:

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

### Assessment Methods

This course includes a range of assessment types and styles suited to vocational qualifications. There are 2 main forms of assessment that you need to be aware of: external and internal.

Each external assessment is linked to a specific unit. Each assessment is taken under specified conditions, then marked by Pearson and a grade awarded. The styles of external assessment used for qualifications are:

- examinations – all learners take the same assessment at the same time, normally with a written outcome
- set tasks – learners take the assessment during a defined window and demonstrate understanding through completion of a vocational task.

Most units in the sector are internally assessed and subject to external standards verification. Learners could be given opportunities to produce assignments that involve:

- writing up the findings of their own research
- using case studies to explore complex or unfamiliar situations
- demonstrate practical and technical skills



## Impact

### Onward Progression

This qualification is primarily designed to support progression to employment after further study at university. However, it also supports learners who choose to progress directly to employment, as the transferable knowledge, understanding and skills will give learners an advantage in applying for a range of 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.

### Further information contact

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