

# BTEC Sport and Exercise Science



## Why this subject?

The sports and leisure industry is a global phenomenon, in the UK alone the industry is worth over £23.8 billion and offers an incredibly diverse range of careers from personal trainers to a scientific researcher. Sport and Exercise science is the application of scientific principles for the maintenance and enhancement of sport and exercise behaviour. The study of this topic explores three main disciplines, sport biomechanics, physiology and psychology, students will engage and develop an understanding of the human body and attempt to explain behaviours in a sport and exercise context.

## Course Outline

Students will complete four units within in this course across the two years of study.

### Unit 2 – Functional Anatomy

Learners will explore the anatomy of the main body systems, cardiovascular, respiratory, skeletal and muscular and how they contribute in producing effective movement in sport and exercise.

### Unit 3 – Applied Sport and Exercise Psychology

Students will develop an understanding of the major psychological factors that impact sport performers which will include, stress, arousal, anxiety, motivation and self-confidence amongst others.

Students will also be introduced to a range of psychological interventions that can be applied to achieve success in the sporting and exercise world.

### Unit 6 – Coaching for Performance and Exercise

Learners will develop the knowledge and ability to plan, deliver and evaluate coaching sessions that promote athletes technical, tactical and fitness performance.

The final unit which students will study is an assignment based unit which will be decided based on the student's strengths and calibre but will one of the following units:

**Biomechanics in Sport and Exercise Science, Specialised fitness testing or Physical activity for individual and group exercise.**



## Key Information

Exam Board	Pearson
Qualification Type	BTEC level 3 – National extended certificate
Entry Requirements	Applied Btec Pathway. Level 5 in GCSE PE
Head of Department	Mr John Oliver

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## Assessment Outline

This course includes a range of assessment types and styles to suit that vocational qualifications in this sector. Two of the units are external exam-based and two are internally assessed assignments.

### Unit 2: Functional Anatomy

This unit will include an externally set written exam, the exam is out of 60 marks and is a combination of short and long answers (1 hour 30 mins). Students will be assessed on their understanding of the anatomy of the main body system. Students will also need to demonstrate knowledge and analyse the movement produced in sport and exercise.

### Unit 3: Applied Sport and Exercise Psychology

This unit will include an externally set written task, the exam is out of 60 marks and is comprised of 3 longer answer questions (3 hours) based on a set case study. Students are required to demonstrate, apply and analyse appropriate interventions based on real-life sporting contexts.

### Unit 6: Coaching for performance and exercise

Within this unit learners are internally assessed across 3 learning aims, each with specific assignments. Recommended approaches but are not limited to reports, essays, coaching plans/resources and videos to enable students to achieve the specific assessment criteria.



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Pearson  
BTEC Level 3 National  
Diploma in  
Sport and Exercise  
Science



## Careers and next steps

Students will develop hugely desirable skills such as working collaboratively, critical thinking and analysis, problem solving and self-management to name just a few. This course covers a broad basis of study and assessment within sports and exercise science, it is designed to support student's progression to study at higher education institutions. Previous students from Churchdown studying this course have gone on to Universities all over the country to study Sport Science, Strength and Conditioning and Teaching. Other students have found careers directly into the sector.

