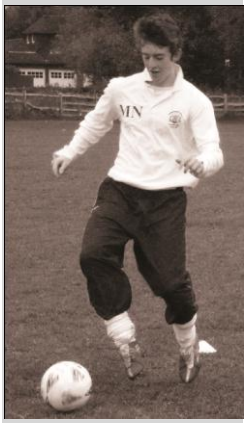
SIXTH FORM

Sport & Exercise Sciences

BTEC NATIONAL Diploma Level 3



WHY CHOOSE BTEC NATIONALS IN SPORT & EXERCISE SCIENCES?

The BTEC Nationals in Sport & Exercise Sciences course is designed to enable students to either go into employment or go on to university. Teaching, Sports Science and Leisure Management are popular options, as well as Sports Coaching, Leisure Assistants and a vast range of other professionals within the world of sports industry.

Single AS Award = 1 GCE AS Level (Single option studied over one year – 3 units)
Single Award = 1 GCE A Level (Single option studied over two years – 6 units)
Double Award = 2 GCE A Levels (Double option studied over two years – 12 units)

HOW USEFUL WILL IT BE?

Sport and exercise scientists continue to be a growing presence in the world of sport, and as we look to the future all the signs suggest that their influence in sport will increase. From the elite performers' reliance on a large support team, to the casual gym user's use of ergogenic aids, sport and exercise sciences' core elements of anatomy, physiology, psychology and biomechanics are seen in almost every aspect of, and activity within, the sport and active leisure sector.

WHAT WILL YOU NEED TO DO TO BE SUCCESSFUL?

To study this subject as a Double Award, you will need a minimum of four GCSE subjects at Grade A*-C, including a C or above in Science and English or a Merit in Level 2 Sports Studies. To study this subject as a Single Award, you will need a minimum of four GCSE subjects at Grade A*-C, including a C or above in Science and D in English or a Pass in Level 2 Sports Studies.

WHAT WILL YOU STUDY ON THE COURSE IN YEAR 12?

Mandatory units: Anatomy; Physiology; Psychology;
Three Optional units: Exercise, Health & Lifestyle; Fitness Testing; Fitness Training; Analysis of Sports Performance; Nutrition; Current issue in Sport; Injuries; Coaching; Practical Individual Sports; Practical Team Sports; Work Experience in Sport.

WHAT WILL YOU STUDY ON THE COURSE IN YEAR 13?

Mandatory units: Research Methods; Research Project
Four Optional units: Exercise, Health & Lifestyle; Fitness Testing; Fitness Training; Analysis of Sports Performance; Nutrition; Current issue in Sport; Injuries; Coaching; Practical Individual Sports; Practical Team Sports; Work Experience in Sport.

HOW IS THE COURSE ASSESSED?

100% Coursework

HOW MUCH TIME WILL YOU HAVE TO SPEND ON PRIVATE STUDY/RESEARCH?

AS Level: at least 4 hours per week.
A2 Level: at least 5 hours per week

For further information please contact: Mrs N. Hughes