

BTEC National Extended Diploma

SPORT & EXERCISE SCIENCE

The sport science sector in the UK has more than 36,000 employers creating work for more than 600,000 full and part-time employees. There is an increasing demand for well qualified people to move into careers in sport.

Introduction

Students enjoy this course because they can tailor their assessments around their own sport specialism and really deepen their own personal understanding and skill levels.

The course offers opportunities to use their theoretical knowledge and apply it to practical situations.

Specific course entry requirements

College entry, (please refer to the Entry Requirements section for further details).

How will I be assessed?

There are 13 units of study, four of which are assessed through external exams.

- Sport and Exercise Physiology
- Functional Anatomy
- Applied Sport and Exercise Psychology
- Nutrition for Sport and Exercise Performance

The remaining 9 units are assessed through a Portfolio evidence, including written reports and presentations.

What will I study?

13 different units are covered during this two year course. Mandatory units include Functional Anatomy where aspects of the body and its systems are studied. Students will also have the opportunity to study various scientific modules such as Applied Sport and Exercise Psychology and Sports Injury and Assessment.

The year will incorporate both external assessments and internal assignments. Students will complete a full portfolio which contains evidence of the completion of tasks. Assignments are set approximately every six weeks for each unit. Students will also complete two external assessments in each year of the programme. Organisation and discipline are essential for this course as there may be occasions when more than one deadline needs to be met in the same week.

Where will this course lead me?

Successful completion of this course prepares students for a career in the sport, health, leisure and fitness industries or in teaching.