

# SPORT & EXERCISE SCIENCE

## BTEC Level 3 Extended Diploma

Version 06/11

Subject Area	Qualification	Level	Awarding Body
Sport & Exercise Science	BTEC Diploma	Level 3	BTEC

### Course Summary

This is a full-time programme designed for young people aged 16 - 19 to provide an extensive knowledge and understanding of sports and fitness careers. Mature students are also welcome to apply. The course will provide an active programme that will develop a range of skills and techniques, personal attributes, fitness levels and teamwork that will be valuable in working life within the sports industry. Students will also be given the opportunity to gain additional qualifications which will be relevant to sport therapy careers.

Students studying at level 3 also have the opportunity to undertake trials for the NEW College Football Academy and a variety of other college sports teams i.e. netball, basketball, rugby, foosball, cross country, athletics.

### How will I be assessed?

The course is made up of 18 units with each unit being continually assessed through a range of methods including written assignments, role plays, fitness tests, discussions, presentations, and practical fitness / sport activities.

### Entry Requirements

Students must have a minimum of five GCSE's at grade C or above, to include English or a full Level 2 qualification (in related subject) at merit grade. All applicants will be considered on an individual basis. Students are required to be self-motivated, disciplined and take responsibility for their own learning.

### How much time will I spend on the course?

The timetable will consist of 18 diploma units, group and individual tutorials. This is usually spread over 3 1/2 days.

### How is the course taught?

A variety of classroom based lessons develop the theory knowledge of students whilst practical sport and fitness lessons develop skills and techniques. Visiting speakers and visits will be arranged to enhance the curriculum and classroom learning. Students are required to work both individually and as part of a team.

### Where is the course taught?

Redditch Campus

### Who is this course suitable for?

Anyone with an interest in a career in the Sport, Leisure or Outdoor Activities industry.

### What are the mandatory modules or units?

- Anatomy for Sport and Exercise
- Sport and Exercise Physiology
- Sport and Exercise Psychology
- Research Methods for Sport
- Research Project for sport

### Optional units include

- Nutrition, Sports Coaching
- Sports Injuries
- Sport and Exercise Massage
- Exercise for Specific Groups
- Biomechanics
- Fitness Testing
- Current Issues in Sport
- Fitness Training
- Work Experience in Sport

### What materials do I have to provide?

Learners will need to be prepared with writing materials and folders.

### Are there any additional costs or specialist equipment required?

Students will be required to provide uniform at a cost of approximately £45, which will consist of two polo shirts and a hoodie. Students will also be expected to purchase plain navy tracksuit bottoms. Full details will be available from Sports staff at your course consultation.

Students will be asked for a contribution of £50.00 towards the cost of educational visits and an overnight residential trip during the year.

You may be able to get help with the costs from the College's Learner Support Fund. More details are available from the Student Advice Guidance and Support team (01527) 572691.

### What can I do after this course?

Students achieving the full qualification may progress onto Higher Education either at NEW College or University. Students may also choose to progress to work-based training or employment.

### What careers would this course be useful for?

The knowledge and experience developed within the course can be useful when seeking employment within the sports industry particularly in employment in P.E. Teaching, Sports Therapy, Physiotherapy, Sports Psychology, Sport Conditioning.

### How do I apply / join this course?

You first need to complete an application form. You can find a form in the back of the Prospectus or you can call our Information Centre on (01527) 570020 and they will send you a form in the post. Alternatively you can complete the form on-line by visiting the College's website [www.ne-worcs.ac.uk](http://www.ne-worcs.ac.uk).

Once we have your form we will invite you to come into College and meet with a member of our teaching Team so you can ask any other questions you have. Usually at this meeting we will either offer you a place on the course you have applied for or, in some cases an alternative course.