

BTEC Level 3 National Extended Certificate in Sport and Exercise Science

Full Time / Level 3 / Callywith College

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On this course you will achieve a qualification which is equivalent to one A Level and it has been designed to be part of a typical two-year study programme.

This course will suit you if you have an interest in undertaking a sport or health related career such as sports nutrition, sports psychology, strength and conditioning, sports therapy, physiotherapy, or sports coaching, amongst many others. You will develop a wide range of skills and knowledge that will enable you to either progress onto Higher Education or into employment in sports related industries, especially into those requiring a scientific background.



What will I learn? ▾

With a strong academic focus this course will suit you if you have an interest in the scientific study of sports performance. You will discover how to apply theoretical and practical techniques to analyse and improve the sporting performance of yourself and others. There are two Formal Externally set assessments in Functional Anatomy and Applied Sport and Exercise Psychology, a mandatory internally assessed unit in Coaching for Performance and Fitness and one optional unit to be chosen from Specialised Fitness Training, Biomechanics or Physical Activity for Individual and Group-based Exercise.

Your achievement in this subject is dependent upon excellent attendance, punctuality, and effort. You will learn in a friendly atmosphere, using a variety of assessment methods including Formal exams, Practical and leadership assessments, Presentations, Report writing and Time-constrained assessments.

Assessment Arrangements ▾

One Externally set exam in Functional Anatomy (January Year One), and one externally set assessment in Applied Sport and Exercise Psychology (January Year Two). The remaining units will be assessed via coursework-based assignments.

What will I need? ▾

Five GCSEs at grade 9. 4 to include Maths and English at grade 5 or above.

You will also need to have an interest in both the physiological and psychological factors that impact sports performance. You will take part in practical coaching and fitness sessions during the second semester.

Where will it take me? ▾

Upon successful completion of the course, you may wish to progress on to Higher Education in areas such as teaching, physiotherapy, sports therapy, personal training, and sports psychology amongst many others. Alternatively, you may wish to move into employment in areas such as sports coaching and the leisure industry.

The course also carries UCAS points towards studying a whole raft of different degrees at university which are not necessarily directly linked to Sports Science. During the course you will have the opportunity to visit several universities with courses suited specifically to sport and exercise science students.

Additional Information ▾

Awarding Body:

Pearson

Further information

To obtain more information about this course, please call: 01208 224000 or visit www.callywith.ac.uk