



BTEC LEVEL 3 NATIONAL DIPLOMA IN SPORT & EXERCISE SCIENCE

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ACHIEVEMENT ASPIRATION HIGH EXPECTATIONS COMMUNITY

BTEC LEVEL 3 – NATIONAL DIPLOMA IN SPORT AND EXERCISE SCIENCE

EXAM BOARD: EDEXCEL

Aims of the Course:

This is a vocational course which equates to 2 A-Levels. The students follow the course for two years, completing a total of 8 units (6 are mandatory and 3 are externally assessed). Units are assessed using a grading scale of Distinction, Merit, Pass and Unclassified. All mandatory and optional units contribute proportionately to the overall qualification grade. The course aims to provide the students with a broad knowledge of the 'sports industry' and equip them for a career within this industry. This course could be taken alongside a further qualification related to their chosen field, e.g. A Level Biology, Mathematics or Psychology, or a BTEC in Business.

Programme of Study:

The students complete units from the areas of Functional Anatomy, Sport and Exercise Physiology, Applied Sport and Exercise Psychology, Specialised Fitness Training and Coaching for Performance and Fitness, amongst others. Guided learning hours (GLH) for each of the unit vary from 60 to 120 hours. Students will complete a variety of internal assessments and 3 externally assessed units which are 90 or 120 GLH.

Approaches to Learning:

Students will have 1 hours of practical sport a week and the rest of the hours will be a variety of both practical and theory. They will be assessed through a variety of methods and teaching will suit the method of assessment. Students will lead coaching sessions, give presentations, design training programs, create blogs and be assessed in the knowledge and understanding of a range of sports and activities.

This course is for you if you are you a team player who has an interest in a career in sport, whether that's coaching, teaching or any strand of the industry such as sports psychology or fitness training. You will learn how to plan and lead your on sporting activities and develop a firm understanding of anatomy and physiology. It will also provide you with sufficient UCAS points to study a sport related course at university.

This course will prepare you for a degree course in Sport and Exercise Science, Sport and Leisure, Sports Coaching or Sport and Education. The range of sports courses at university is very wide. The course will also prepare you for going directly into the work place, further education or an apprenticeship.

Minimum Entry Requirements:

Five grade 9-4 GCSE passes including English and Maths. Students who have studied BTEC Sport must have achieved at least a Level 2 Pass. It is also strongly recommended that students have an interest in sport outside of school, as this experience will be of benefit in succeeding on the course.

STEP-UP INDEPENDENT STUDY TASKS

How will the tasks support your understanding of the course?

By engaging with this work you will gain an understanding of some of the main topics which will be covered throughout the duration of the course as well as some of the key BTEC vocabulary which you will need to become familiar with to help form your written and oral explanations.

What skills will you begin to develop by completing this work?

These tasks will help develop your organisational, communication and motivational skills –all of which are essential employability skills and for you to progress in this qualification.

Task 1

Scenario

You have had experience coaching youth sports teams and now want to apply for a job role as a professional coach. You will go through the application process from start to finish including researching the role of a professional sports coach and prepare for an interview by producing a presentation for the interview.

As part of the application process you will need to show that you have a full understanding of the roles of a coach and the professional qualities required for this role.

You should present your work in the form of a PowerPoint presentation & your presentation should include an explanation of the following:

- The skills and knowledge required by a coach to improve sporting performance and fitness (EG: organisation, communication, motivation, knowledge of sports demands/technique/tactics/fitness)
- The professional qualities required by a coach to improve sporting performance and fitness (EG: Time keeping, enthusiasm, problem solving, attitude, experience, fitness)

Task 2

Scenario

You have been asked by a client to devise a fitness training programme to help them improve and develop in their chosen sport.

In order to ensure the training is; suitable, specific to their needs and the meets the demands of their sport you must first explain the **fitness demands** required making reference to how these will influence the planning of their training programme.

You will need to explain;

The **physical fitness demands** (cardiovascular endurance, strength, muscular endurance, flexibility, body composition) of your chosen sport/position

The **skill related fitness demands** of (speed, power, agility, balance and proprioception, coordination, reaction time

For each fitness demand you will need to **explain the requirement for the sport** and **explain how these factors will influence the training programme.**

Your findings will be presented to the client in the final meeting prior to them undertaking the training programme, and will help them to understand the links between the requirements of their sport and the programme you have devised.

You can either present you work to the client through a PowerPoint presentation or in a written report.

TO DEEPEN YOUR UNDERSTANDING

<https://www.brianmac.co.uk/>

Recommended Reading:

<https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-and-exercise-science-2016.resources.html?filterQuery=category:Pearson-UK:Publisher%2FPearson>

Revise BTEC National Sport and Exercise Science Revision Guide BTEC National Level 3 Sport and Exercise Science 4th Edition (Students will be provided with these upon joining DMA in September)

<https://www.youtube.com/watch?v=4ySOglUKC-I>

COMPLETED TASK

Student Name			
Subject Teacher		Date:	
Form Tutor:		Date:	