

Sport (Sports and Exercise Science)

BTEC

Level 3

EdExcel

Course overview

This course is centred around how the body and mind work during sport and exercise. There are opportunities to apply this knowledge and understanding practically, as well as research opportunities which help develop skills applicable to higher education.

Entry Requirements

You must have 4 GCSEs which must include English or Maths at grade 4, plus you must also meet the specific subject entry requirements.

Subject Specific Requirements

Grade 4 in Maths or English GCSE plus grade 4 in Science GCSE, OCR Science or a Merit in Level 2 Science BTEC.

Popular Subject Combinations

A Level: Biology
Maths
Psychology

BTEC: Business
Health & Social Care

Possible Enrichment Opportunities

Football
Rugby
Netball
Level 2 Gym Instruction

What will I learn?

You will cover a range of theory based topics, including functional anatomy and applied sport and exercise psychology. These units explore the way the systems of the body work together and improve with exercise, as well as the way the mind approaches and responds to exercise environments. In addition, you may also engage in gym based lessons to explore ways in which the body responds to exercise and different training methods.

How will I be assessed?

You will be assessed through external and internal vocational and academic assessments. Just over 30% of the course will be assessed externally, 70% internally assessed.

You will take part in both practical and theory based sessions, gaining both the knowledge and hands-on skills to progress into any number of careers within sport.

Where might it lead?

Sports related degrees
Popular Universities: St Mary's; Brunel; Chichester; Leeds; Birmingham; Southampton; Brighton; Bournemouth
Popular Courses:
Sport Science; Sports Rehabilitation; Sports Coaching; Sport Psychology; Sports Therapy

Sports related apprenticeships
Leisure industry employment
Health industry employment

If you would like further information about this course please contact the admissions team at