**BTEC Level 3 Sport and Exercise Science**

**New applicant activity**

**Why are BTECs so successful?**

BTECs embody a fundamentally learner-centred approach to the curriculum, with a flexible, unit-based structure and knowledge applied in project-based assessments. They focus on the holistic development of the practical, interpersonal and thinking skills required to be able to succeed in employment and higher education.

**Who is this qualification for?**

The Pearson BTEC National Extended Diploma in Sport and Exercise Science is intended to be an

Applied General qualification. It is for post-16 learners who want to continue their education through applied learning, and who aim to progress to higher education and ultimately to employment, possibly in the sport and exercise science sector. The qualification is wide-ranging and equivalent in size to three A Levels, and has been designed as a full two-year study programme.

**What does this qualification cover?**

The content of this qualification has been developed in consultation with academics to ensure that it supports progression to higher education. Employers and professional bodies have also been involved and consulted to confirm that the content is appropriate and consistent with current practice for learners choosing to enter employment in the sport and exercise science sector.

The qualification gives learners the knowledge, understanding and skills that underpin study of the sport and exercise science sector, and gives learners additional breadth and depth to prepare them fully for further study or training. This includes the opportunity for learners to choose several topics from a selection of options reflecting progression in sport and exercise science.

Learners will study seven mandatory content areas:

• Applied Research Methods in Sport and Exercise Science

• Applied Sport and Exercise Psychology

• Coaching for Performance and Fitness

• Field and Laboratory-based Fitness Testing

• Functional Anatomy

• Nutrition for Sport and Exercise Performance

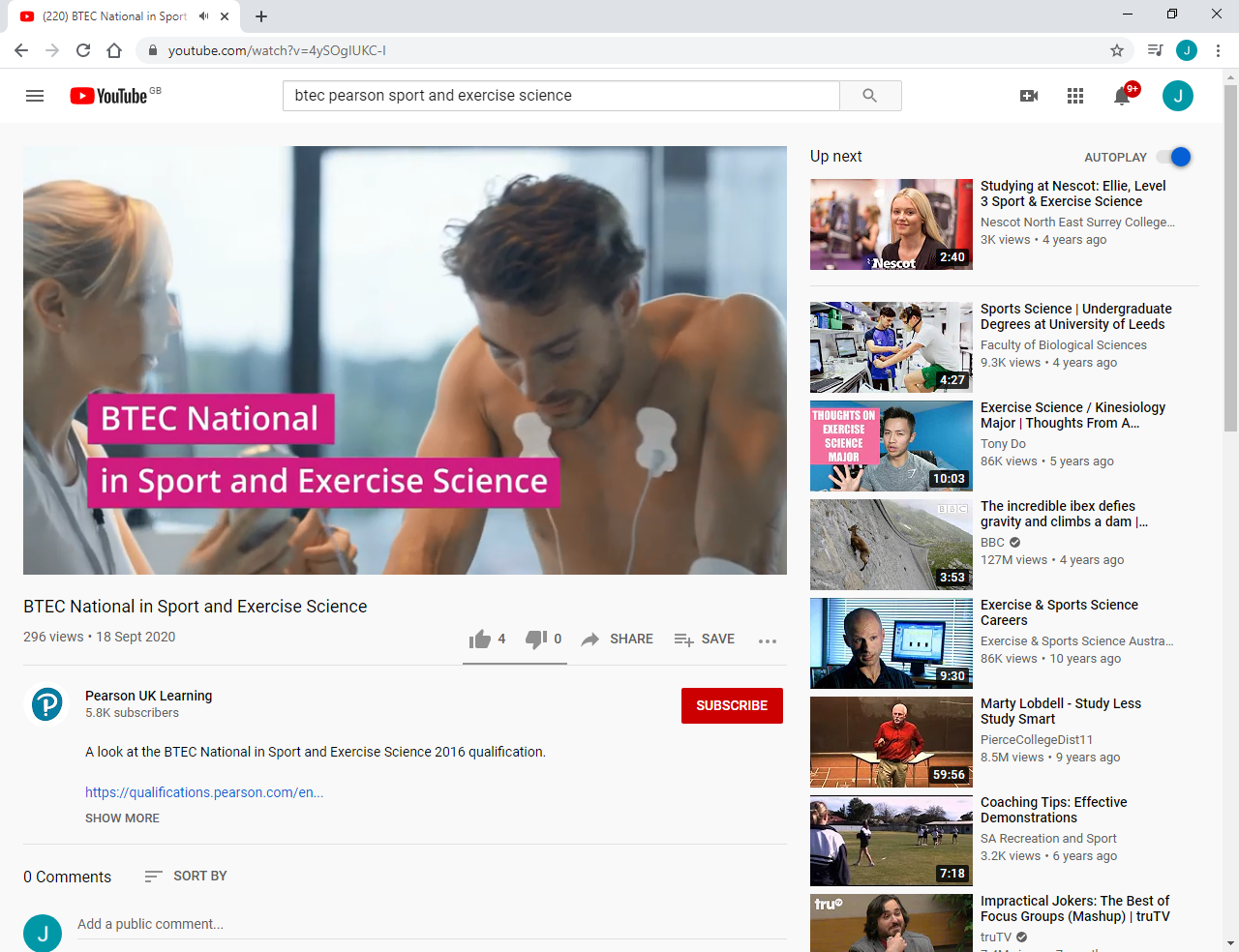
• Sport and Exercise Physiology.

**Applicant activity**

**Please send your completed activity to Maria Higgins by email:**

[**Maria.Higgins@wnc.ac.uk**](mailto:Maria.Higgins@wnc.ac.uk)

**Watch the clip using the link to give you an insight into the industry.**



[**An insight into the industry**](https://youtu.be/4ySOgIUKC-I)

**Can you explain your interest in the Sport and Exercise Science course here at West Nottinghamshire College?**