

LEVEL 3

SPORT AND EXERCISE

SCIENCE



Year on year the sport and active leisure sector outperforms the rest of the UK economy; this has been a trend since the end of the economic recession of the late 1990s, and researchers predict will continue to be the case for years to come, long after the sports legacy of the London 2012 Olympic and Paralympics Games.

The annual contribution of the sport sector to the UK economy is over £8 billion. This sector has more than 36,000 employers creating work for more than 600,000 full-time and part-time employees, and 5 million plus volunteers.

Sport and exercise scientists continue to be a growing presence in the world of sport, and as we look to the future, all the signs suggest that their influence in sport will increase.

From the elite performers' reliance on a large support team, to the casual gym user's use of ergogenic aids, sport and exercise sciences' core elements of anatomy, physiology, psychology and biomechanics are seen in almost every aspect of, and activity within, the sport and active leisure sector.

The specification has been structured to allow learners maximum flexibility in selecting optional units, so that particular interests and career aspirations within the sport and active leisure sector can be reflected in the choice of unit combinations.

OUR APPROACH TO TEACHING AND LEARNING

- We place a strong emphasis on allowing students to carry out practical activities, not just to develop their practical skills but to provide them with a full range of learning experiences.
- We choose optional topics which allow learners to gain an insight into Sport and Exercise Science in the world of work. This includes units such as sports biomechanics where learners investigate linear motion and how forces enhance or hinder performances.
- We have a flexible teaching approach but understand the need to complete homework, respect deadlines and set high standards.
- We use high-quality learning materials and which have been rated as excellent by our students.
- We have a range of online learning and assessment materials. All of your coursework is submitted electronically for marking
- We have exceptional facilities and wide range of Sport and Physical Activity equipment to enhance your learning.

LEVEL 3 ASSESSMENT

- This course is assessed mainly through coursework with some external assessment (that can be re-taken if needed).
- The units are graded Pass, Merit and Distinction.
- Progression to Year 2 would lead to the BTEC Level 3 Extended Diploma which is equivalent to 3 A Levels and UCAS points.
- Re-submission of coursework - If you haven't performed at your best for your first assessment, you can improve your work and resubmit it again for assessment.

COURSE STRUCTURE

Year 1 – Foundation Diploma

- Four course work assessed units covering Fitness Training, Fitness Testing, Research Methods and Sports Injuries.
- Two units are externally assessed which focus on Anatomy and Psychology.

Year 2 – Extended Diploma

- Five course work assessed units covering Sociocultural Issues, Sports Massage, Sports Coaching, Biomechanics, Individual and Group based Exercise.
- Two units are externally assessed. These are Physiology and Sports Nutrition.

LEVEL 3 SPORT AND EXERCISE SCIENCE

This qualification aims to develop your knowledge, understanding and skills in the essentials of Sport and Exercise Science. By studying this course you will gain an insight into many aspects of the varied sports industry. This qualification allows you to achieve your potential and progress to the next stage of your career, whether it be university, an apprenticeship or employment. It has been designed

in collaboration with industry experts and the qualification focuses on many of the requirements that employers demand.

Students completing their BTEC National in Sport and Exercise Science will be aiming to go on to employment, often via the stepping stone of higher education.

There is a wide range of assessment opportunities. There are units with practical and project-based assessment, as well as examined units on the impacts of sport and physical activity on health and wellbeing and how to select appropriate sports and activities for different participants.

What if I don't meet the entry requirements for the Level 3 Sport and Exercise Science course?

We offer a Level 2 Sport course equivalent to two GCSE's. This can be taken alongside another GCSE.

Facilities

Sports Hall

Weights Gym

Full-size Astro Turf

Athletics Track

Sports Fields

Netball and Tennis Courts

Squash Courts

What else does this course allow me to experience?

We organise guest speakers to come in as well as trips to local universities and activity centres to promote, educate and inspire future careers and help gain a better vocational experience for specific course units.

CONTACT US:

Telephone: 01905 362600

Email: enquiries@wsfc.ac.uk