

BTEC, LEVEL 3

Applied Sport & Exercise Science

**START DATE**

September 2022

DURATION

2 Years

LEVEL

Level 3

STUDY MODE

Full-time

Applied Sport & Exercise Science is a balanced course with varying assessments. It promotes deeper theoretical understanding of the components that affect the body in sport. Students will have practical sessions to experiment with industry standard equipment to explore and understand theory in practice.

Why study this course?

This course is particularly suitable for students who enjoy studying the science of sport and regularly participate in some form of sport or training.

What will I study?

You will study a variety of areas, including:

- Functional Anatomy
- Applied Sport & Exercise Psychology
- Coaching for Performance and Fitness

You will also study one of the following units:

- Biomechanics in Sport and Exercise Science
- Specialised Fitness Training
- Physical Activity for Individual and Group-based Exercise

What can I do after this course?

Many of our students progress onto the **BSc (Hons) in Sports Coaching and Exercise Sciences** at Selby College, or apply for university.

Potential Careers

- Teacher
- Sports Massage Therapist
- Fitness Coach
- Physiotherapist
- Nutritionist
- Personal Trainer

Entry requirements

The minimum requirement is at least 4 GCSEs at Grade 5 (or above) including Maths, plus English Language at Grade 4.

Students must gain a minimum of a Grade 5 in GCSE Sport/PE if taken. You will also ideally have an interest in human biology, sport and/ or physical exercise.

Assessment

Internally assessed assignments/ practical and externally assessed tasks.

Visit this course on our website: <https://www.selby.ac.uk/courses/applied-sport-btec-level-3>

For further information please contact the college: <https://www.selby.ac.uk/contact>

This PDF file was generated on 19/08/2022 at 5:23am.