

BTEC EXTENDED DIPLOMA, LEVEL 3

Sport & Exercise Science

**START DATE**

September 2024

DURATION

2 years

LEVEL

Level 3

STUDY MODE

Full-time

AWARDING BODY

BTEC

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.

Why study this course?

This course is particularly suitable if you enjoy Sport Science and have an interest or regularly participate in Sport and Fitness.

What will I study?

This Sport & Exercise Science course analyses aspects that affect the body in Sport, Exercise and Fitness. Students will be assessed using a range of methods, exploring a variety of units including:

- 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
- Physical Activity for Individual and Group-based Exercise
- Specialised Fitness Training
- Sports Injury and Assessment
- Sports Massage
- Technology in Sport and Exercise Science
- Sociocultural Issues in Sport and Exercise

There will also be opportunities to gain additional qualifications including the Community Sports Leaders' Award (CSL2) and a Level 2 Certificate in Gym Instructing.

What can I do after this course?

Many of our students progress onto the [BSc \(Hons\) Degree in Sports Coaching and Exercise Science at Selby College](#), enter employment or apply for university to study Sports Studies, Leisure Management, Recreation Management or Teacher Training.

Potential Careers

- Sports Nutritionist
- PE Teacher
- Fitness Instructor/Personal Trainer
- Physiotherapist
- Sports Therapist

Entry requirements

5 GCSEs at grade 9-4, including BOTH English and maths and science/PE.

Assessment

Coursework/Practical/External Assessment

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

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

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