BTEC LEVEL 3 EXTENDED CERTIFICATE IN SPORTS & EXERCISE SCIENCE

This course is ideal if you are interested in sports science or undertaking a sport or health related career. You will develop a wide range of skills and abilities that will enable you to progress into employment in sports related industries, especially into those requiring a scientific background.

Level 3 · A Level (or equivalent) · Truro College

TOP COURSE HIGHLIGHTS

EQUIVALENT TO ONE A LEVEL | 50% EXAM & 50% COURSEWORK | CAN LEAD TO A VARIETY OF CAREERS

ACCESS TO EXCELLENT FACILITIES AND STAFF

You will be taught by staff with extensive personal experience and subject specialism in their field who will advance your knowledge and skills. Alongside the classroom, your learning environment will also include our impressive sports facilities.

PROGRESSION AND EMPLOYABILITY

We will encourage you to research topics, gather and synthesise information and present your findings in a clear, coherent way. You will also be encouraged to evaluate situations and performance, recognise strengths and limitations and then recommend strategies for improvement. A wide variety of assessment methods, including written reports, presentations and practical delivery, are all transferable to the workplace.

INCREASE SPORT KNOWLEDGE

You will discover how to apply theoretical and practical techniques to analyse and improve the sporting performance of yourself and others, as well as improving general health and fitness. You will gain an understanding of the human body systems and the psychological links to sports and physical activity.

WHY CHOOSE THIS COURSE?

This course will suit you if you have an interest in the physiological and psychological approaches to developing groups and individuals across a wide range of activities, from grassroots through to those at the top of the sports performance pyramid. You will be studying a range of sport and health-related topics whilst developing a strong academic approach to these topics. You will learn the ‘Functional Anatomy’ of the human body, then apply appropriate use of both ‘Specialised Fitness Training’ approaches using our highly equipped sports facilities.

You will also learn how to analyse training and coaching systems to compare yourself and others with elite performers in order to fine-tune sports skills and techniques. You will explore psychological approaches appertaining sports performance and discover theories and coping methods to support athletes in periods of weakness to improve mental performances.

Alongside the Sport and Exercise Science Extended Certificate, which is equivalent to one A Level, you will also have the option of continuing to enjoy and study two further A Levels to develop your depth and breadth of knowledge.

FOR THE LATEST COURSE INFORMATION
Scan for assessment arrangements, learner support, confirmed start dates and how to apply.

WHAT WILL I LEARN?

The course is an academic programme that combines theory and some practical sessions to cover Sport and Exercise Science core elements of Anatomy and Psychology. Your course will be split over two years (*externally assessed through examination). Year 1

- Functional Anatomy*
- Coaching for Performance and fitness

Year 2

- Applied Sport and Exercise Psychology*
- Specialised Fitness Training

WHERE WILL IT TAKE ME?

A natural progression from this course is to move to Higher Education and develop specialist knowledge in areas such as sports therapy, sports nutrition, and sports psychology and teaching. Progression to Higher Education will require study of the Extended Certificate in conjunction with other Level three subjects (2 A Levels). Alternatively, you can move into employment in areas such as personal training, sports technology development, the sports clothing industry, sports development, or the leisure industry.

ENTRY REQUIREMENTS

Students are required to achieve 4 GCSEs at Grade 4 to include either English Language and Literature and/or Maths.

IMPORTANT

Course information can change. Please use the QR code below for the current assessment arrangements, entry requirements and start dates.

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