BTEC LEVEL 3 EXTENDED CERTIFICATE IN SPORTS & EXERCISE SCIENCE

This course is ideal if you are interested in 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) · Penwith 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 gym, full-sized astroturf and sports hall.

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.

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.

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 discover how to apply theoretical and practical techniques to analyse and improve the sporting performance of both yourself and others, as well as improve general health and fitness. You will learn the 'Functional Anatomy' of the human body, then apply the principles of 'Biomechanics in Sport & Exercise Science' 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.

WHAT WILL I LEARN?

The course is an academic programme that combines theory and some practical sessions to cover Sport and Exercise Sciences core elements of Anatomy and Psychology. Your course will be split over two years; the first year will be comprised of Functional Anatomy, an externally assessed module, and Biomechanics in Sport & Exercise Science which is internally assessed. The second-year contains Applied Sport and Exercise Psychology, an externally marked module and Coaching for Performance and Fitness, an internally assessed module.

WHERE WILL IT TAKE ME?

This course, along with accompanying A Levels studied alongside, will support a move on to enhanced study in Higher Education and will provide a strong foundation for a sport-related degree.

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.

FOR THE LATEST COURSE INFORMATION

Scan for assessment arrangements, learner support, confirmed start dates and how to apply.