BTEC LEVEL 3 NATIONAL EXTENDED DIPLOMA IN SPORT & EXERCISE SCIENCE

This course equivalent to 3 A Levels and is perfect for you if are interested in undertaking a sport or health related career such as sports nutrition, sports psychology, performance analysis, sports therapy or sports coaching, strength and conditioning amongst others.

Level 3 · Extended Diploma · Penwith College

TOP COURSE HIGHLIGHTS

EQUIVALENT TO THREE A LEVELS | PRACTICAL & THEORY-BASED | LEADS INTO A VARIETY OF CAREERS | WIDE RANGE OF TOPICS

WHY CHOOSE THIS COURSE?

You will be studying a broad range of sport and health related topics whilst developing a strong scientific and academic approach to these topics. This course will suit you if you have an interest in analysing groups and individuals across a wide range of populations, from those suffering with severe lifestyle diseases right through to those at the top of the sports performance pyramid. You will learn how to use digital analysis systems to compare yourself and others with elite performers in order to fine tune sports skills and techniques.

Grading throughout the programme is by a wide range of assessment methods including formal exams, assessments (some externally assessed), presentations, essays, and time constrained assignments. 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.

Alongside the Sport and Exercise Science Diploma, you will also have the option of continuing to enjoy and work on your own specialist sport through one of our sports academies.

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. Exam-based modules in year 1 are Functional Anatomy and Applied Sport & Exercise Psychology. The exam-based modules in year 2 are Sport & Exercise Physiology and Nutrition for Sport & Exercise Performance.

WHERE WILL IT TAKE ME?

This course will allow progression directly to a Sports Science or other sports related Higher Educational pathway, including at the University Centre Truro and Penwith. Career paths available will include a role in sports, therapy, rehabilitation, nutrition, or performance analysis, along with most other sports related areas.

ENTRY REQUIREMENTS

You will attend an interview with a member of the course team, where your enthusiasm for sports related goals, attitude and future career path will be considered, you will need to have gained four level two qualifications including Maths or English (literature included) at Grade 4 or higher.

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.