

## QUALIFICATION

BTEC National Extended Diploma in Sport & Exercise Science

## WHY SHOULD I CHOOSE THIS STUDY PROGRAMME?

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. This includes the opportunity for learners to choose several topics from a selection of options reflecting progression in Sport and Exercise Science. The optional units have been designed to support progression to sport and exercise science courses in higher education.

## WHAT WILL I STUDY?

Learners will study seven mandatory content areas:

- 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.

The optional content areas include:

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

## WHAT COULD THIS QUALIFICATION LEAD TO?

This qualification is primarily designed to support progression to employment after further study at university. However, it also supports learners who may choose to progress directly to employment, as the transferable knowledge, understanding and skills will give learners an advantage in applying for entry level roles or 'school leaver' industry training programmes and Higher Apprenticeships in areas such as sport and fitness training, coaching, and sports performance research

The qualification is intended to carry UCAS points and is recognised by higher education providers as meeting admission requirements for many relevant courses, for example:

- BSc (Hons) in Sport and Exercise Science
- BSc (Hons) in Sport Science
- BSc (Hons) in Sport and Coaching Studies.

Learners should always check the entry requirements for degree programmes with specific higher education providers.

### WHAT WILL BE EXPECTED OF ME?

- Read and research
- Keep a record of the information you find and the sources
- Plan your work in a logical order and keep a record of your progress
- Talk to your teachers about your ideas and how to achieve the best results
- Produce drafts and final copies of your work
- Produce good quality work with high standards of grammar and spelling
- Present your work in a suitable format according to the purpose and the audience
- Evaluate your work and make suggestions for improvement
- Meet deadlines
- Keep a record of the work you have completed, including the grades and points you have been awarded

### WHO WILL BE INVOLVED?

The subject teachers are responsible for planning lessons, preparing resources, assessing work and making sure that the units are completed on time.

The programme manager is in charge of the course. He must make sure that the units are being taught correctly and that sufficient resources are available. He will check (IV) the assessment of all teachers on the course and work with the external verifier.

The lead internal verifier samples the work of all students on the course and provides written feedback.

A quality nominee oversees all of the vocational courses to make sure that standards are being met.

### FURTHER INFORMATION

#### How will you be assessed?

Units are assessed using a grading scale of Distinction, Merit, Pass and Unclassified. All mandatory and optional units contribute proportionately to the overall qualification grade, for example a unit of 120 GLH will contribute double that of a 60 GLH unit.

To achieve any qualification grade, learners must:

- Complete and have an outcome (D, M P or U) for all units within a valid combination
- Achieve the required units at pass or above (Units 1,2,3,4,5,6).
- Achieve the minimum number of points at a grade threshold and for the Extended Diploma achieve a minimum of 900 GLH at pass or above

Qualifications are graded using a scale of PPP to D\*D\*D\*. Depending on total points scored across the course of the year.

