Course Title
BTEC Level 3 Sport & Exercise
Science

Examination Board
Edexcel

Course Description
During the course students will learn about the role of sport in society, ethical values and health and safety, anatomy and physiology and coaching at various levels.

Course Content
Core Units:
Unit 1 – Anatomy, Unit 2 – Physiology, Unit 3 – Psychology, Unit 4 – Research Methods, Unit 5 – Research Project.

Extended Units to complete the expected equivalent of 3 A-Levels
Unit 6 – Biomechanics, Unit 7 – Exercise, Health and Lifestyle, Unit 8 – Fitness Testing for Sport & Exercise, Unit 12 – Sports Nutrition, Unit 13 – Current Issues in Sport, Unit 14 – Instructing Physical Activity & Exercise, Unit 15 – Sport Injuries, Unit 16 – Sports Coaching, Unit 17&18 – Practical Individual and Practical Team Sports, Unit 23 – Work Experience.

Assessment
Written assignments:
- End of Unit Quiz
- Presentations
- Practical Assessment
- Coaching Session

Future Opportunities
The BTEC in sport courses have been developed to meet the employment opportunities within the sport and leisure industry that include: health and lifestyle services, health and fitness facilities, coaching/teaching/training, outdoor education, health promotion, community development officers and sports development offers. It will also provide an excellent base knowledge for sport degree courses.

Further information
For any additional information please contact:
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