



Sport and Exercise Science BTEC

Type: BTEC

Main Location: Birchwood

Level: 3

Awarding Body: Edexcel

Introduction

- This is a two year course.
- There are no exams as part of the assessment criteria.
- Students are expected to complete “units” by essay, presentation, posters or portfolios.

Course Content

Students complete all five core units:

1. Research Methods for sport and exercise
2. Sport and exercise sciences project
3. Sport and exercise psychology
4. Exercise physiology
5. Anatomy for sport and exercise

Students then complete any seven units from this section:

1. Quantitative sports and exercise research
2. Qualitative sports and exercise research
3. Social aspects of sport
4. Fitness testing
5. Physiological factors in sport and exercise
6. Sport massage
7. Exercise, health and lifestyle
8. Biomechanics
9. Sports Injuries
10. Practical Sport performance
11. Technological developments in sport
12. Sports industry experience

Career Options

Recreation management, coaching and further education.