

# BTEC Sport and Exercise Science

Exam Board: Edexcel

The BTEC qualification in this specification are RQF level 3 qualifications designed to provide highly specialist, work-related qualifications in a range of vocational sectors. They give learners the knowledge, understanding and skills that they need to prepare for a variety of different potential pathways.

The qualifications provide career development opportunities for those already in work, and progression opportunities to higher education, degree and professional development programmes within the same or related areas of study, within universities and other institutions. They attract UCAS points that equate to similar-sized general qualifications within education institutions within the UK.

The BTEC qualifications have been developed in the sport and active leisure sector to:

- Provide education and training for sport, leisure and recreation employees
- Give sport, leisure and recreation employees opportunities to achieve a nationally recognised level 3 vocationally specific qualification
- Give full-time learners the opportunity to enter employment in the sport and active leisure sector or to progress to higher education qualifications in sport or related areas
- Give learners the opportunity to develop a range of techniques, personal skills and attributes essential for successful performance in working life.

## Year 12 Unit Content

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|---|---|
| ■ Unit 1 – Anatomy for Sport and Exercise                   | ■ Unit 7 – Exercise, Health and Lifestyle         |
| ■ Unit 2 – Sport and Exercise Physiology                    | ■ Unit 8 – Fitness Testing for Sport and Exercise |
| ■ Unit 3 – Sport and Exercise Psychology                    | ■ Unit 9 – Fitness Training and Programming       |
| ■ Unit 4 – Research Methods for Sport and Exercise Sciences | ■ Unit 16 – Sports Coaching                       |
|   | ■ Unit 17-18 – Practical Individual/Team Sports   |

## Year 13 Unit Content

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| ■ Unit 5 – Research Project in Sport and Exercise Sciences | ■ Unit 21 – Applied Sport and Exercise Physiology       |
| ■ Unit 6 – Sports Biomechanics in Action                   | ■ Unit 22 – Rules, Regulations and Officiating in Sport |
| ■ Unit 12 – Sports Nutrition                               | ■ Unit 23 – Work Experience in Sport                    |
| ■ Unit 13 – Leadership in Sport                            |   |
| ■ Unit 15 – Sports Injuries                                |   |
| ■ Unit 19 – Outdoor and Adventurous Activities             |   |
| ■ Unit 20 – Applied Sport and Exercise Psychology          |   |

## Equivalent Grading Criteria

UCAS Points	BTEC Scoring	A Level Grade Equivalent
168 Points	D*D*D* (Distinction *)	A*A*A*
144 Points	DDD (Distinction)	AAA
96 Points	MMM (Merit)	CCC
48 Points	PPP (Pass)	EEE

