'Bridging the Gap'

BTEC LEVEL 3 NATIONAL EXTENDED DIPLOMA

IN SPORT AND EXERCISE SCIENCE

BTEC Level 3 National Extended Diploma in Sport & Exercise Science (2020)

- Equivalent to three A Levels
- 13 units of which 7 are mandatory and 4 are external
- Units are graded using a grading scale of Distinction (D), Merit (M), Pass (P), Near Pass (N) and Unclassified (U)

Mandatory units:

- 1. Sport and Exercise Physiology (External)
- 2. Functional Anatomy (External)
- 3. Applied Sport and Exercise Psychology (External)
- 4. Field and Laboratory-based Fitness Testing (internal)
- 5.Applied Research Methods in Sport and Exercise Science (internal)
- 6. Coaching for performance and Fitness (Internal)
- 13. Nutrition for Sport and Exercise Performance (External)

Optional Modules (all internally assessed)

- 7. Biomechanics in Sport and Exercise Science
- 8. Specialised Fitness Training
- 9. Research Project in Sport and Exercise Science
- 10. Physical Activity for Individual and Group-based Exercise
- 11. Sports Massage
- 12. Sociocultural Issues in Sport and Exercise
- 14. Technology in Sport and Exercise Science
- 15.Sports Injury and Assessment

*Highlighted units will be delivered in Year 1

Unit	Type
Unit 1: Sport and Exercise Physiology	• Written examination set and marked by Pearson • 1.5 hours • 70 marks
Unit 2: Functional Anatomy	• Written examination set and marked by Pearson • 1.5 hours • 60 marks
Unit 3: Applied Sport and Exercise Psychology	• A task set and marked by Pearson and completed in a single session of three hours under supervised conditions • Written submission • 60 marks
Unit 13: Nutrition for Sport and Exercise Performance	• A task set and marked by Pearson and completed in a single session of 3 hours under supervised conditions • Written submission • 50 marks

Tasks to do

1. Use PDFs to go through content focusing on Anatomy and Physiology. For either course you will need to know this information for an externally assessed exam.

2. Sign up to Purpose Games

   PURPOSE GAMES
   www.purposegames.com
   Register an account.
   Request permission to join the TS PE Transition Group (https://www.purposegames.com/group/ts-pe-transition-to-year-12)

3. Have a go at these following games on Purpose Games
   https://www.purposegames.com/game/ocr-muscles-in-the-body
   https://www.purposegames.com/game/ocr-movement-patterns
   https://www.purposegames.com/game/name-the-bones-in-the-skeleton

4. Create a Quizlet account
   https://quizlet.com/

5. Have a go at learning the key words using the following Quizlet cards
   https://quizlet.com/gb/315733739/ocr-a-level-pe-muscles-and-movement-flash-cards/
   https://quizlet.com/gb/315732958/a-level-ocr-pe-planes-of-movement-and-movement-patterns-flash-cards/
   https://quizlet.com/gb/329506062/ocr-a-level-pe-skeletal-muscle-contraction-diagram/

6. Watch this you tube clip on Planes of motion
   https://www.youtube.com/watch?v=0SNnCr0-9AQ

7. Have a go at the following Kahoot Quizzes:
   Planes and Axes; https://kahoot.it/challenge/04799604?challenge-id=0e01fa92-ab7b-4fee-ab05-2f736e984f60_1588422823318
   Muscles; https://kahoot.it/challenge/06330172?challenge-id=0e01fa92-ab7b-4fee-ab05-2f736e984f60_1588422912658
   Muscle Contractions; https://kahoot.it/challenge/04997087?challenge-id=0e01fa92-ab7b-4fee-ab05-2f736e984f60_1588422965177

8. Challenge Activity – Have a go
   https://share.nearpod.com/vsph/eQ7JboO7Mu

9. Following this some mini projects will be sent out to apply your knowledge and help prepare for your course in September.