

Enquiries to:

Enquiries to: Lloyd Hooper, [ljh@varndean.ac.uk](mailto:ljh@varndean.ac.uk)



## Level 3 Diploma in Sport

# BTEC Level 3 Extended Certificate

(equivalent to 1 A Level)

# BTEC Level 3 Diploma

(equivalent to 2 A Levels)

## What will I study?

These programmes encompass areas of study from physiology, psychology and social issues, to sports coaching, leadership, health and fitness, as well as practical performance, analysis and development. Sessions are a mixture of academic theory with applied vocational practice, aimed to develop your knowledge and performance skills as a great pathway to study at university or step into a career in the sports industry.

The course is equivalent to 1 or 2 A Levels depending on the amount of credits taken.

## Topics Covered

- Anatomy & Physiology in Sport
- Practical Sports, Skill Acquisition & Coaching for Performance
- Fitness Assessment & Training Programme Design
- Exercise, Health & Nutrition
- Professional Development & Sports Business
- Psychology of Sports Performance
- Social Issues & Sports Development



## Career Pathways

If you are passionate about sport, physical activity, health or fitness then this is the subject for you. The course is used as access to a university sports related degree (Sports & Exercise Science, Coaching, Sports Development, PE Teaching) or it can provide a route straight into employment in the sports and fitness sector.

## Why study Sport? The Value of Sport

The economic impact of sport places it within the top 15 sectors in England and its wider economic benefits make it a key part of society today. With over 440,000 jobs in England and a growing focus on health and participation in physical activity, in addition to the teamwork and leadership skills which support your success in other careers.

## Entry Requirements

Standard advanced course requirements.

## How the courses are assessed

Mixture of coursework and exams, assessed on a modular basis over the year.





## Enquiries to

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# Level 3 Diploma in Sport & Exercise Science

# BTEC Level 3 Extended Certificate

(equivalent to 1 A Level)

# BTEC Level 3 Diploma

(equivalent to 2 A Levels)

## What will I study?

The Sport and Exercise Science programme introduces students to the key branches of sports science; physiology, psychology and biomechanics. In each area students will develop their understanding of sports performance and be able to apply theory and principles to practice. Building on these core areas of study, students will explore coaching and training methods in sport and exercise, and how they can be optimised to develop individuals technical skills and fitness levels. Furthermore, students will get the opportunity to apply their knowledge through research projects in the world of sport and exercise science.

Sessions are a mixture of academic theory with applied vocational practice, aimed to develop your knowledge and performance skills as a great pathway to study at university or step into a career in the sports industry.

## Topics Covered

- Functional Anatomy & Exercise Physiology
- Psychology of Sports Performance
- Biomechanics of Human Movement
- Specialised Training & Coaching for Performance
- Fitness Assessments & Training Programme Design
- Exercise, Health & Nutrition
- Research Projects



## Career Pathways

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## Entry Requirements

Standard advanced course requirements **plus** Grade 4 in GCSE Science

## How the courses are assessed

Mixture of coursework and exams, assessed on a modular basis over the year.