

POST-16 COURSE OVERVIEW

SPORT AND EXERCISE SCIENCE

QUALIFICATION BTEC Level 3	AWARDING BODY Pearson	COURSE LENGTH 2 years
--------------------------------------	---------------------------------	---------------------------------

COURSE OVERVIEW

BTEC Sport and Exercise Science is a Level 3 course for students interested in the science behind sport, exercise and performance. Across four units, students explore functional anatomy, sport and exercise psychology, coaching for performance, and physical activity for individuals and groups. The course combines theoretical study with practical application and is well suited to students considering further study or careers in sport, fitness and exercise science.

WHAT WILL I STUDY?

KEY CONTENT

- Unit 2: Functional Anatomy – explore the structural and mechanical components of the body and how they contribute to movement and performance.
- Unit 3: Applied Sport and Exercise Psychology – investigate how psychological factors such as motivation, stress and anxiety can affect performance.
- Unit 6: Coaching for Performance and Fitness – apply sport science principles to practical coaching, including planning drills and training sessions.
- Unit 10: Physical Activity for Individual and Group-based Exercise – explore health screening and exercise types to plan and instruct safe, effective fitness sessions.

ASSESSMENT

- 50% externally assessed / 50% internally assessed.
- Two externally assessed units and two coursework units.
- Assessment includes written work and practical elements.

WHERE COULD THIS COURSE TAKE ME?

This course can support progression to university courses such as Sport and Exercise Science, Sports Coaching and Performance, and Strength and Conditioning. Career pathways can include sports coaching, personal training, sports therapy and rehabilitation.

KEY CONTACT

COURSE LEAD
Miss I Mayes

EMAIL
india.mayes@chasehigh.org