



## **BTEC National Diploma in Sport and Exercise Sciences**

### **What is a BTEC National Diploma?**

A BTEC National Diploma is a practical, work-related course. You learn by completing projects and assignments that are based on realistic workplace situations, activities and demands. As well as learning about the employment area that you have chosen, you develop the skills you need to start your career.

It is equivalent to three A2's which means when you have finished the course you may choose to get a job straight away or go into higher education first.

A BTEC National Diploma is taken full time and is suitable for school leavers and mature students.

### **What are the entry requirements?**

You will normally need to have at least one of the following:

- A BTEC First Diploma in a related subject
- An intermediate GNVQ in a related subject
- At least four GCSE's at Grade A\*-C
- Appropriate work experience

### **What is the course structure?**

The course is made up of eighteen units

### **What subjects will I study?**

**Anatomy for Sport and Exercise**  
**Sport and Exercise Physiology**  
**Sport and Exercise Psychology**  
**Research Methods for Sport and Exercise Sciences**  
**Research Project for Sport and Exercise Sciences**  
**Sports Biomechanics in Action**  
**Exercise, Health and Lifestyle**  
**Fitness Testing for Sport and Exercise**  
**Training and Fitness for Sport**  
**Sport and Exercise Massage**  
**Sports Nutrition**  
**Sports Injuries**  
**Sports Coaching**  
**Practical Individual Sports**  
**Practical Team Sports**  
**Work-based Experience in Sport**  
**Applied Sport and Exercise Physiology**  
**Applied Sport and Exercise Psychology**

## How is the course assessed?

All units are assessed and graded and an overall grade for the qualification is awarded.

## What can I do at the end of the course?

BTEC National Diplomas are valued by employers and higher education (universities and colleges). The BTEC National Diploma in Sport and Exercise Sciences provides a very good preparation for going onto a BTEC Higher National or a degree in Sports Science and related subjects.

If you want to get a job straight away, you could work in:

- Health and Fitness Industry
- Sport Psychology
- Sports Injuries Clinics
- Physiotherapy
- Sports Therapy
- Sports Development
- Coaching

If you decide to go to university or college you could take a degree or a BTEC Higher National in subjects such as:

- Physiotherapy
- Sports Therapy
- Sports Studies
- Coaching
- Sport and Exercise Science
- Sport Science
- Physical Education

## How can I find out more?

Ask your careers teacher or adviser or your local college for more information or see the Edexcel website - [www.edexcel.org.uk](http://www.edexcel.org.uk)

