



# Sport and Exercise Sciences

## Student Guide Level 3 BTEC National Award

### What is the Level 3 BTEC National Award in Sport and Exercise Sciences?

The BTEC National Award in Sport and Exercise Sciences provides you with a foundation in the essential knowledge and training needed when looking to build a career in the sport and exercise sector. The qualification will give you insight into the various different occupational routes you can take within the sector, and help you progress in existing employment, or move on to further study.

The course can be adapted to meet your abilities and aspirations. It consists of four compulsory core units, which cover the fundamentals of sport and exercise science: anatomy, physiology and psychology, as well as research methods; plus you can choose three additional specialist units (which combines to total 360 guided learning hours). The structure of the course lets you focus on the areas you are most interested in, such as sports coaching, training and fitness for sport or sports injuries. Please note that the units studied may vary to meet local or learner needs.

### Where will this qualification take me?

#### Employment opportunities

With the international recognition of BTEC courses such as this, you can progress straight into employment. If successful there are a wide variety of prospective careers that you can explore, for example: leisure centre assistant, pool/beach lifeguard or sports development officer.

#### Further vocational and academic qualifications

The BTEC National Award in Sport and Exercise Sciences has the equivalence of one GCE A Level, and it is possible for you to progress further into higher education, as successful BTEC National qualifications give UCAS points for university applications.

## How long will it take me to complete this qualification?

The length of the course is largely dependant on the centre. Normally, it will take one academic year to complete but it can be studied for longer.

## What are the entry requirements?

The entry requirements for the Edexcel Level 3 BTEC National Award in Sport and Exercise Sciences are laid down by individual centres. Fundamentally you should have a broad education including, for example, a BTEC First in Sport and/or four GCSEs (graded C or above) and, in addition, the interest and potential to succeed in achieving the qualification.

## How can I find out more?

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

## Contact us

[www.edexcel.org.uk/about/contact](http://www.edexcel.org.uk/about/contact)

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