

BTEC National Diploma in Sport (Science)

Introduction

The BTEC National Diploma is an advanced full time, work related course. You learn by completing assignments related to the many aspects of sport such as fitness, anatomy and physiology, social issues and coaching. In addition you will learn about the employment area of sport. It is ideally suited therefore for those interested in a sport related career or for those wishing to study the subject at first degree level. The course is made up of 18 units.

The course includes practical sessions wherever possible to help students apply theory into practice. ICT is used to support students in their work and the sports facilities available are outstanding including a sports hall, artificial playing surface and fitness room.

Year 1

Study will take place in a variety of nine different modules including the core areas of:

- Anatomy for sport and exercise
- Sport exercise physiology

Further units will be:

- Sports coaching
- Work based experience in sport
- Sports nutrition
- Exercise, health and lifestyle
- Training and fitness for sport
- Practical team sports
- Sport in society

All students, as part of their practical programme, follow the CSLA Sports Coaching Award, developing both their personal and communication skills while gaining an important nationally recognised qualification. At the end of the year in June, all students undertake a work experience placement in a relevant area of the sports industry to further develop their knowledge and experience. Past students have gained placements in areas such as

gymnasiums, school PE departments and leisure centres. During the summer term students will also be given the opportunity to gain governing body coaching awards in a variety of sports

Year 2

Further study involving another nine sport related modules takes place, including:

Core areas:

- Sport and exercise psychology
- Research methods for sport and exercise sciences
- Research project in sport and exercise science
- Sports biomechanics in action

Further units:

- Sport and exercise massage
- Instructing physical activity and exercise
- Sports injuries
- Practical individual sports
- Applied sport and exercise physiology

Students develop their coaching experience by gaining practical experience on a coaching placement in a secondary school.

Assessment

All modules are assessed through assignments and are graded at pass, merit or distinction, giving an overall grade for the qualification at the end of the course. All assignments are internally assessed and externally verified

Specific Entry Criteria

Grade C in English Language plus C grade in core Science.