



BTECH in Sport and Exercise Science

Structures of the qualifications at a glance

This table shows all the units and the qualifications to which they contribute. The full structure for this Pearson BTEC Level 3 National in Sport and Exercise Science is shown in *Section 2*. **You must refer to the full structure to select units and plan your programme.**

Key

	Unit assessed externally	M	Mandatory units	O	Optional units
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






Unit (number and title)	Unit size (GLH)	Diploma (720 GLH)	Extended Diploma (1080 GLH)
1 Sport and Exercise Physiology	120	M	M
2 Functional Anatomy	90	M	M
3 Applied Sport and Exercise Psychology	120	M	M
4 Field and Laboratory-based Fitness Testing	90	M	M
5 Applied Research Methods in Sport and Exercise Science	90	M	M
6 Coaching for Performance and Fitness	90	M	M
7 Biomechanics in Sport and Exercise Science	60	O	O
8 Specialised Fitness Training	60	O	O
9 Research Project in Sport and Exercise Science	60	O	O
10 Physical Activity for Individual and Group-based Exercise	60	O	O
11 Sports Massage	60	O	O
12 Sociocultural Issues in Sport and Exercise	60	O	O
13 Nutrition for Sport and Exercise Performance	120		M
14 Technology in Sport and Exercise Science	60		O
15 Sports Injury and Assessment	60		O

Choice of course sizes

At a glance

The BTEC Nationals in Sport and Exercise Science provide you with a wide range of qualification sizes to choose from. Each has a clear purpose, and is designed to ensure progression to higher education or into employment.

Diploma (720 GLH)
Equivalent in size to 2 A-levels
Applied General Qualification*
TOTAL: 8 UNITS
6 MANDATORY UNITS
1. Sport and Exercise Physiology (120 GLH)  
2. Functional Anatomy (90 GLH) 
3. Applied Sport and Exercise Psychology (120 GLH) 
4. Field and Laboratory-based Fitness Testing (90 GLH)
5. Applied Research Methods in Sport and Exercise Science (90 GLH)
6. Coaching for Performance and Fitness (90 GLH)
2 OPTIONAL UNITS

Extended Diploma (1080 GLH)
Equivalent in size to 3 A-levels
Applied General Qualification*
TOTAL: 13 UNITS
11 MANDATORY UNITS
1. Sport and Exercise Physiology (120 GLH)  
2. Functional Anatomy (90 GLH) 
3. Applied Sport and Exercise Psychology (120 GLH) 
4. Field and Laboratory-based Fitness Testing (90 GLH) 
5. Applied Research Methods in Sport and Exercise Science (90 GLH) 
6. Coaching for Performance and Fitness (90 GLH) 
13. Nutrition for Sport and Exercise Performance (120 GLH) 
6 OPTIONAL UNITS



Performance measures and funding

* Indicates this qualification has been included on the Department for Education's 16-19 performance measure lists (2018 results) (England only). All new BTEC Nationals are funded for 16-18 learners. Those included on a 16-19 list are also eligible for 19-23 entitlement funding.

Types of assessment

- Assignment** - Set and marked internally
- Task** - Set and marked by Pearson
- Written exam** - Set and marked by Pearson

Mandatory unit types



-  Mandatory Unit that must be passed
-  Mandatory Synoptic Unit

For more details, see page 14.

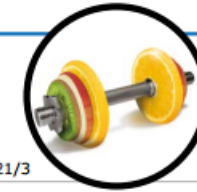
Coming soon to Pearson BTEC Nationals..

- Extended Certificate in Sport and Exercise Science (360 GLH)
- Foundation Diploma in Sport and Exercise Science (540 GLH)

Diploma (720 GLH)








6 MANDATORY UNITS
Mandatory Units Group A - Learners complete and achieve all units
1. Sport and Exercise Physiology (120 GLH)  
2. Functional Anatomy (90 GLH) 
3. Applied Sport and Exercise Psychology (120 GLH) 
Mandatory Units Group B - Learners complete all units
4. Field and Laboratory-based Fitness Testing (90 GLH)
5. Applied Research Methods in Sport and Exercise Science (90 GLH)
6. Coaching for Performance and Fitness (90 GLH)
Learners complete
2 Optional Units Group C
Learners complete
3 Optional Units Group C

QAN	601/7421/3
Equivalent in size to	2 A Levels
Total number of Units	8
Aim	Part of a programme of study mainly for those who intend to progress to SES-related fields such as Sports Therapy or Physiotherapy. Could be taken alongside A level in Biology, Psychology or related area.
Progression to	Progression to higher education. May also allow complimentary study in a related area for future progression into industry. This could include BTEC Award in Enterprise or A levels in business or maths.
Optional unit choices	7. Biomechanics in Sport and Exercise Science 8. Specialised Fitness Training 9. Research Project in Sport and Exercise Science 10. Physical Activity for Individual and Group-based Exercise 11. Sports Massage 12. Sociocultural Issues in Sport and Exercise



HOME

Extended Diploma (1080 GLH)

11 MANDATORY UNITS
Mandatory Units Group A - Learners complete and achieve all units
1. Sport and Exercise Physiology (120 GLH)  
2. Functional Anatomy (90 GLH) 
3. Applied Sport and Exercise Psychology (120 GLH) 
4. Field and Laboratory-based Fitness Testing (90 GLH) 
5. Applied Research Methods in Sport and Exercise Science (90 GLH) 
6. Coaching for Performance and Fitness (90 GLH) 
13. Nutrition for Sport and Exercise Performance (120 GLH) 
Learners complete
6 Optional Units Group C

QAN	601/7422/5
Equivalent in size to	3 A Levels
Total number of Units	13
Aim	Provides a wide-ranging study of the sector, primarily for those students intending to progress to higher education or training in the sector.
Progression to	Supports access to a range of higher education courses by meeting entry requirements in its own right. This is focused for those learners who have identified their route to HE and are not required to take any additional levels alongside.
Optional unit choices	As Diploma above: Units 7, 8, 9, 10, 11 and 12. 14. Technology in Sport and Exercise Science 15. Sports Injury and Assessment