

BTEC Level 3

Sports and Exercise Science

- **Exam board:** Pearson
- **Course work or exam?** Exam 38% Coursework 62%
- **What will I learn about?** The sports industry is broad and includes both scientific and more applied, practical sectors. To represent this, you will study a range of academic and vocational application of understanding and knowledge in diverse topics such as sport psychology, biomechanics, physiology, coaching and fitness. Where possible, learning embraces community connections with vocational trips or specialist guest speakers and research in university laboratories. You will acquire academic research methods, data analysis and ICT skills, but also other essential life skills, such as leadership, resilience, communication and collaboration, which underpin all progression routes whether in sport or not.
- **Great for:** Learning new topics with hands on experience, a combination of coursework and exams, consistently learning and gaining marks over the two years as opposed to a highly pressure year 13 exam window.

