

Level 3 Extended Diploma in Sport and Exercise Science



Subject Type
Sport & Public Services

Course Location
Newcastle

Level
Level 3

Course Information

The aim of this course is to develop your theoretical and practical knowledge of Sport and Exercise Science through working towards a Level 3 nationally recognised qualification. The course is also designed to prepare you for higher education in a sports related subject or a career in the area of Sports Science. The programme is a two year, full-time course. Some examples of the units you will study are: Functional Anatomy, Applied Sport and Exercise Psychology, Applied Research Methods, Sports Coaching, Sports Massage, Sport and Exercise Physiology, Nutrition, Biomechanics, Research Project and Sports Injuries

You will learn through a well-balanced range of studies, which combines practical skills with theoretical knowledge. Your lessons will take place in classrooms and sports facilities (indoor/outdoor). It is recommended that learners complete as much volunteering and work experience as possible to give them an insight into working in the sports industry e.g. Physiotherapists, Fitness Instructors, Sports Physiologists and Sports Teachers. Alongside your course maths and English will be continually assessed to improve your skills in these vital subjects. It is expected that you will have the required GCSE level of Maths and English prior to commencing the course.

Entry Requirements

You will need a minimum of four or more high grades at GCSE in subjects relevant to the course you'd like to study, including maths and English Language, Science and PE at grade 4 or above. If GCSE PE has not been taken you will be expected to gain at least a merit grade in a Level 2 Sport programme. If progressing from a Level 2 vocational qualification, we would ideally expect you to have achieved a Level 2 maths or English qualification or be able to demonstrate competence at this level. An interest in the theories, ideas and strategies within sport is a pre-requisite of the course. You are also required to attend a college interview to establish your suitability for the course. If you do not meet these entry requirements you will be advised to join the Level 3 Extended Diploma in Sport course. Alternatively you will be advised to join the Level 2 Extended Certificate in Sport.

Assessment Information

The course is accredited by BTEC and each unit is graded Pass, Merit and Distinction. There will be two externally set units on each year of the course (exam and task). All other units will be assessed internally which will involve carrying out assignments, project work, presentations, report writing, class tests and collecting video evidence. There will be a set number of learning hours assigned to the programme but it is expected that you will complete independent study in your free time. Assessment is predominantly through coursework, with some externally assessed content.

Fees and Financial Support

This course is free for anyone aged 16 – 18. If you are outside this age group please contact 01782 254188.

College Maintenance Allowance (CMA): Anyone with a household income under £23,000 can receive up to £20 per week financial support to help pay for travel and meals and meet

100%
pass rate

72%
High grades (DDD+)

- 2 year course
- Rated outstanding
- Residential trips
- Visits to uni's
- Academy of Sport

the costs of essential trips, books, stationery and equipment. The payments will be subject to full attendance on your course. A range of other financial support is available, depending on your personal circumstances. For more details visit www.nscg.ac.uk/finance

Progression

On completion of the course you will gain the BTEC Level 3 Extended Diploma which is accepted by universities for entry onto their courses such as sports coaching, sports therapy, physiotherapy and secondary education PE. You can progress onto internal Higher Education courses at the College such as the HNC/D in Sport & Exercise Science (Coaching Science) at the Newcastle College campus or degree level programmes at other universities. Previous learners have progressed to universities such as Birmingham, Exeter, Keele, Sheffield Hallam, Liverpool John Moores, Leicester, Derby, Manchester and Staffordshire University to study a range of courses such as Physiotherapy, Sports Therapy and Rehabilitation, Sport and Exercise Science, Nutrition, Sports Psychology, Sports Coaching and others including Forensic Science, Paramedic Science and Criminology. You could sign up to a higher level apprenticeship or seek employment in the sports coaching industry as a community sports officer, coach or sports development officer.

The qualification is also designed to prepare learners for appropriate direct employment in the vocational sector, and is suitable for those who have decided that they clearly wish to enter a particular specialist area of work in the areas of sport, leisure and fitness. It also gives learners the opportunity to develop a range of techniques, personal skills and attributes essential for successful performance in working life.

What else do I need to know?

Alongside the Level 3 Extended Diploma course you will be expected to participate in all activities and excursions that are arranged as part of your course. You will be expected to purchase a BTEC Sports top to wear during practical sessions (information will be given during enrolment). There will be online resources to support you on this course and an Additional Learning Support team if required.

How do I find out more?

If you wish to find out more you can contact Steve Sumnal, Curriculum Leader in Sport Science by emailing steve.sumnal@nscg.ac.uk