



Level 3 BTEC National Extended Certificate in Sport and Exercise Science

Location	Cheadle College
Course Type	College 16-18
Department	A Levels
Start Date	Monday 3rd May 2027
Course Code	CFQ-CL3S-1400

Course Overview

The BTEC Level 3 National Extended Certificate in Sport and Exercise Science course is the equivalent to 1 A-level (2 year study programme) and will suit you if you have an interest in undertaking a sport or health related career such as sports nutrition, sports psychology, strength and conditioning, sports therapy, physiotherapy, or sports coaching, amongst many others. You will develop a wide range of skills and knowledge that will enable you to either progress onto Higher Education or into employment in sports related industries, especially into those requiring a scientific background.

Course Requirements

Standard A Level entry requirements: 5 x GCSE grade 5 or above, must include Maths, English Language; 6/6 in science and a grade 6 in GCSE maths will be required to study these subjects alongside the BTEC in Sport Science

What You Will Learn

You will study three mandatory units and one optional as part of this qualification, covering the following content areas:

- Functional anatomy
- Applied sport and exercise psychology
- Coaching for performance and fitness
- Physical activity for individual and group-based exercise

You will cover a range of theory-based topics, including functional anatomy and applied sport and exercise psychology. These units explore the way the systems of the body work together and improve with exercise, as well as the way the mind approaches and responds to exercise environments. In addition, you may also engage in gym-based lessons to explore ways in which the body responds to exercise and different training methods.

Assessment

2 Externally Assessed (Exam / Controlled Assessment)

2 Internally Assessed (Coursework / Practical)

Functional Anatomy - Written examination set and marked by Pearson.

Applied Sport and Exercise Psychology - A task set and marked by Pearson and completed in a single session of three hours under supervised conditions.

Coaching for Performance and Fitness and Unit 10: Physical activity for individual and group-based exercise - Assessed internally using a mixture of coursework and practical observations.

Progression

For students aiming to go on to employment, often via the stepping stone of higher education degree courses or a degree apprenticeship.

Students develop the transferable and higher order skills which are valued by higher education providers and employers. The qualification will also help you develop independence and confidence in using skills that are relevant to the medical science and that prepare you for progressing to university courses where independent study skills are needed.

The qualification can be taken as part of an A level programme. It can also give context to subjects which would benefit from some scientific background. This will depend on the combination of qualifications chosen. For example, taken alongside:

- A Level Biology
- AAQ Human Biology
- A Level Chemistry
- A Level Psychology
- A Level Sociology
- A Level Maths
- A Level English

Students should always check the entry requirements for degree programmes with specific higher education providers. Potential University pathways include:

- BA (Hons) in Sport Studies and Business
- BSC (Hons) in Performance Analysis
- BSC (Hons) in Sport Psychology
- BA (Hons) in Sports Education and Special and Inclusive Education
- BA (Hons) in Sport and Exercise Science
- BSC (Hons) Physiotherapy / Sports Therapy

Career Options

Physiotherapy (with further training)
Performance Analyst
Sport Psychologist (requires further accreditation)
PE Teacher (with PGCE)
Strength & Conditioning Coach

Mandatory Units

Functional Anatomy
Applied Sport and Exercise Psychology
Coaching for Performance and Fitness
Physical activity for individual and group-based exercise

Contact Details

For further information please contact T: 0161 886 7070 or E: info@trafford.ac.uk

Disclaimer

Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.