



Queen Mary's College

Sport & Exercise Science Vocational Level 3 Extended Diploma

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Fact File

- Outstanding Sport Facilities, including Floodlit 3G, Swimming Pool and Fitness Suite
- Enthusiastic, highly qualified, subject specialists
- Educational visits to Sports Science labs for Fitness Testing and Health Screening
- Fitness Instructor Level 1
- Optional Level 1 Award in Instructing Weightlifting
- Opportunities to train and compete in your chosen sport alongside the Course
- Supports progression onto Higher Education or directly in employment

Course Summary

Are you considering a career in the Sports Industry? Are you interested in the analysis of athlete performance? Are you curious about body systems and their response to exercise? Are you motivated to explore how the mind might affect performance? If so, this course could be a great choice for you!

The BTEC suite of sport qualifications are an engaging choice of course which are widely endorsed by employers and educational institutions. Through the course, students will gain a valuable high order skillset ready to enter higher education, or progress directly into employment. Students will benefit from a significant amount of employer engagement as well as gaining a broad experience within the sports sector, particularly in terms of fitness testing and training, health screening and technology. Students will also complete an independent research project. This is a demanding, yet rewarding, applied course which is theory and practically based; it requires a good level of organisation and commitment from students. To achieve the qualification students will complete various work based projects and assignments that are based on realistic workplace situations, activities and demands.

Specific entry requirements

PE GCSE or equivalent beneficial but not essential. Grade 4 in Science.

Progression skills and opportunities

Throughout the course you will be challenged to develop a variety of skills such as coaching, instructing, training and team work. Assignments will promote the development of your high order skills such as evaluation, justification and analysis. The course will include two weeks of work experience within the sports sector. This will develop a range of work based skills and will enable you to reflect and action plan towards your future goals. This course provides you with a broad qualification that prepares you for further study or a career within the sport sector, including:

Sport and Recreation Facility Management

Health Promotion

Fitness and Personal Training

Coaching/Teaching/Training

Sports Therapy

Sports Development Officers

How is the course assessed?

The course is predominately assessed through vocationally relevant coursework assignments and projects, applying your knowledge and understanding of a range of key concepts. In addition, over the two year course there will be three externally assessed units of which will be assessed via an exam.

What topics will I be studying?

• Functional Anatomy • Coaching for Performance and Fitness • Applied Sport and Exercise • Psychology • Biomechanics in Sport and Exercise Science • Field and laboratory Based Fitness • Sports Injury and Assessment • Sociocultural Issues in Sport and Exercise • Sport and Exercise Physiology • Applied Research Methods • Nutrition for Sport and Exercise • Performance • Specialised Fitness Training • Technology in Sport and Exercise Science •

Research Project in Sport and Exercise Science

Will I need any specialist materials or equipment?

You will need sports kit for all practical based lessons. An online text book will be available to support your understanding of key concepts. QM Sports kit is available via our supplier.



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