

WELCOME TO WEYMOUTH COLLEGE



Sport & Exercise Science BTEC National Diploma 3 year full time course Introduction

The BTEC National Diploma in sport & exercise is a three-year, full-time course aimed at students who wish to specialise in this area.

Specifically the course aims to:

1st year

- Is a practical, work related year. You learn by completing projects and assignments that are based on realistic workplace situations, activities and demands.
- It introduces you to the employment area you have chosen and provides a good basis to go into years 2 & 3 of the course.

2nd & 3rd year

- Develop knowledge and understanding of scientific principles through the study of sport, exercise and health.
- Produce students with a firm theoretical and practical grounding in sport, exercise and health
- Develop knowledge of the specialised areas with sport, exercise and health
- Develop student awareness in relation to ethical issues in sport, human performance and human experimentation
- Prepare students for future employment or HE

Entry requirements

Selection is by interview. You will need to have an IELTS band 5.5 plus either:

- 5 GCSE grade C or above including Maths and Science or equivalent
- Mature students will be assessed on the basis of an interview with the course co-ordinator.
- Students should be interested in all aspects of sport and sport performance and be committed to practical sport.

1st year what will I study

- Preparation for Sport
- The Body in Action
- Practical Sport
- Health, Safety and Injury in Sport
- Work-Based Project in Sport
- Instructing on Exercise and Fitness

How will I be assessed?

- All units are assessed and graded an overall grade for the qualification is awarded.
- There will be a vocational emphasis to the course with opportunities available for students to become involved in 'real' working situations. Students will therefore need to be well motivated and prepared to develop a sense of responsibility befitting of a person preparing for a career in the sports industry.

2nd & 3rd years what will I study?

- Fitness Testing for Sport and Exercise
- Anatomy for Sport and Exercise
- Practical Sport (Team)
- Exercise Health and Lifestyle
- Work-based Experience in Sport
- Instructing Physical Activity and Exercise
- Nutrition for Sport and Exercise
- Sport and Exercise Physiology
- Applied Sport and Exercise Physiology
- Practical Sport (individual)
- Sports Biomechanics in Action
- Training and Fitness for Sport
- Sport Injuries
- Sport Coaching
- Instructing Physical Activity and Exercise
- Research Projects

Key Skills

Key skills are the skills that are commonly needed for success in a range of activities in education and training, work and life in general.

Communication, application of numbers, IT

How will I be assessed?

All units are assessed and graded and an overall grade for the qualification is awarded. Two units are externally assessed.

Assignment based using individual and group work, which will require the completion of investigations, reports and presentations.

Career Prospects

- Working in sports psychology, the health and fitness industry, sports injuries clinics, sports therapy, sports development, coaching, physiology, personal training
- HND's or Degrees in Sport, Leisure, Recreation or Teacher Training.

Materials and Text Books

All materials will be included in your course fees.

Fees £5000 per year of the course plus £5400 to be budgeted per year for accommodation & living expenses.

How to apply

If you require further information please contact the International Student Co-ordinator liz_evans@weymouth.ac.uk or visit the website www.weymouth.ac.uk