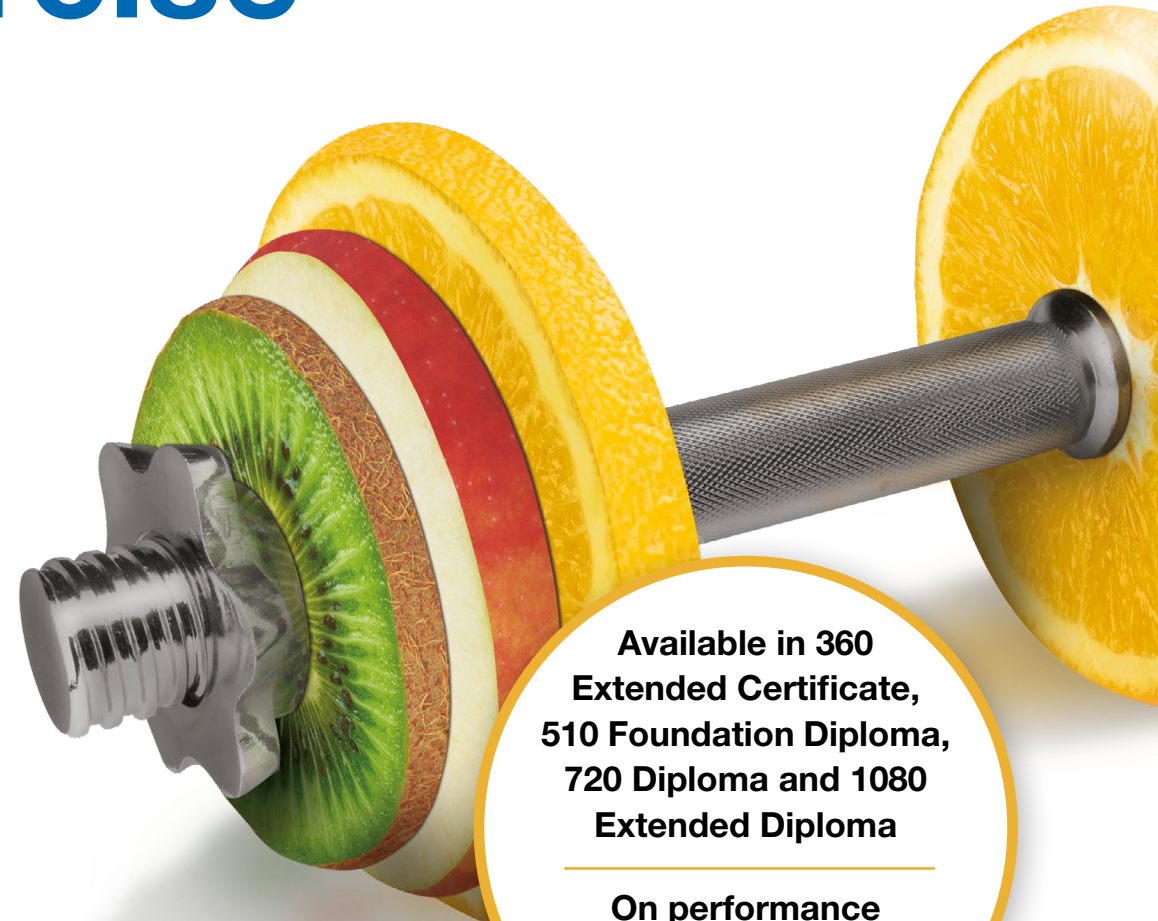


Pearson BTEC Level 3 Nationals in

# Sport and Exercise Science

The qualifications benefit from:

- 🔄 **Combination of assessment styles:**  
Learners can demonstrate their knowledge, skills and understanding through work-related contexts.
- 🔄 **Clear progression routes:** such as BSc in Sport and Exercise Science, Sport and Exercise Nutrition, Sport Science (Chronic Health Conditions), Health and Exercise Science.
- 🔄 **Work-related learning,** giving learners an edge and opening the door to higher education or employment in sport sectors.
- 🔄 **Supportive external quality assurance process:**  
your lead standards verifier will offer support and guidance on assessment and internal verification processes within your centre and your standards verifier carries out a remote sampling to offer subject specific support and advice.



**Available in 360  
Extended Certificate,  
510 Foundation Diploma,  
720 Diploma and 1080  
Extended Diploma**

**On performance  
measures and eligible  
for UCAS points**

## What can my students study?

To allow for a rich and immersive learning experience, students can work freely across and within a range of technical skills areas which reflect current industry practice.

## What skills will learners gain?

 research

 problem solving

 team working

 communication

\* Learners must complete all mandatory assessment units for the relevant qualification size and achieve a Pass grade (Internal units) or above in each assessment criteria and an N grade or above in the externally assessed units.

## How will my students be assessed?

All evidence produced for assessment is based on knowledge, understanding and skills development.

Unit (number and title)	Unit size (GLH)	Extended Certificate (360 GLH)	Foundation Diploma (510 GLH)	Diploma (720 GLH)	Extended Diploma (1080 GLH)
1 Sport and Exercise Physiology	120			M	M
2 Functional Anatomy	90	M	M	M	M
3 Applied Sport and Exercise Psychology	120	M	M	M	M
4 Field and Laboratory-based Fitness Testing	90			M	M
5 Applied Research Methods in Sport and Exercise Science	90		M	M	M
6 Coaching for Performance and Fitness	90	M	M	M	M
7 Biomechanics in Sport and Exercise Science	60	O	O	O	O
8 Specialised Fitness Training	60	O	O	O	O
9 Research Project in Sport and Exercise Science	60		O	O	O
10 Physical Activity for Individual and Group-based Exercise	60	O	O	O	O
11 Sports Massage	60		O	O	O
12 Sociocultural Issues in Sport and Exercise	60		O	O	O
13 Nutrition for Sport and Exercise Performance	120				M
14 Technology in Sport and Exercise Science	60				O
15 Sports Injury and Assessment	60				O

### Key

 Unit assessed externally     M Mandatory units     O Optional units

Find out more about the Pearson BTEC Level 3 Nationals in Sport and Exercise Science: [quals.pearson.com/SES](https://quals.pearson.com/SES)