



# Great Yarmouth College

## BTEC National Diploma in Sport & Exercise Sciences

Course Code: 02350      Level: 3      Duration: 2 years

### Entry Requirements

6 GCSEs with 4 A\*-C or BTEC 1st diploma

### Course Requirements

The course is designed for those aiming for a career in the Sport, Exercise and Fitness Industries, which include Sports Science, Sports Nutrition, Sports Development, Sports coaching and teaching, Health Promotion, working in a Sports Centre, Gym or other Training and Fitness facility.

The course would suit learners who enjoy a combination of learning styles; you should be ready to be involved in a wide range of sport and fitness activities but equally happy to apply the knowledge and theory you gain in a classroom or lab based situation.

A minimum of six GCSEs including four or more A\* -C including English Language, or BTEC First Diploma/GNVQ Intermediate with Merit.

### What will I learn?

You will study 18 units during the two years. These are varied balancing theory with practical activity and developing your confidence and skills as a practitioner.

- Anatomy for Sport and Exercise
- Sport and Exercise Physiology
- Sport and Exercise Psychology
- Research Methods
- Research Project- Sports Biomechanics in Action
- Exercise, Health and Lifestyle
- Fitness Testing
- Training and Fitness for Sport
- Analysis of Sports Performance
- Sports Nutrition
- Instructing Physical Activity and Exercise
- Sports Coaching
- Practical Team Sports
- Outdoor Activities
- Applied Sport and Exercise Physiology
- Exercise for Specific Groups
- Work-based Experience in Sport

You will also study Functional Skills at level 2 in IT and Application of Number and level 3 in Communication, which are required by all employers and universities.

You will undertake the CYQ Level 2 Certificate in Fitness Instructing (Gym) which is a much sought after and relevant vocational qualification for work in the Sport, Exercise and Fitness Industries.

An opportunity to study the NCFE Level 2 Certificate in Nutrition and Health, NSPCC/Sport England Keeping Children Safe in Sport and First Aid will be made available to students.

You are expected to select at least one Enrichment activity to attend as well as your vocational programme. Popular choices among Sports students are Driving Theory, Kick Boxing, rugby, volley ball, fitness training and Football.

### **How will I be assessed?**

Assessment takes place throughout the course via assignments, which means that there are no examinations. There are also some external assessments for Functional Skills in Communications, Application of Number and I.T.

### **What qualification(s) do I get at the end of the course?**

On successful completion of this course you will have gained a BTEC National Diploma in Sport and Exercise Sciences, which is equivalent to three A-Level passes. You will also complete the CYQ Level 2 Certificate in Fitness Instructing (Gym), NCFE Level 2 Certificate in Nutrition and Health, NSPCC/Sport England Keeping Children Safe in Sport and First Aid.

### **How long does the course last and how often do I attend?**

The course lasts for two years. You would be in lessons for approximately 20 hours every week, taking approximately 4 days.

### **What do students go on to do at the end of the course?**

Many of our students progress onto Higher Education courses, as well as work within the Sports and Leisure Industry. Several students who were on Sport and Leisure courses in recent years are currently employed locally either in leisure centres as assistants or managers, teaching for schools and youth organisations, or as sports development officers.

The BTEC National Diploma in Sport and Exercise Sciences will also allow students to study on the Foundation Degree in Sport, Health & Exercise\* via UCS (Great Yarmouth).

\*= Subject to final approval

### **What are the costs?**

If you are 16 – 18 there are no course fees payable, however you may have some costs associated with uniform, equipment, visits etc.

If you are 19 or over you will be asked to pay course fees unless you are receiving a means tested benefit, are on Job Seekers Allowance or are an asylum seeker. If you are on a low income please contact our Guidance and Support Centre on 01493 418309 for advice.

### **Who do I contact for further information?**

Please contact the College Information Centre for more details. Telephone 01493 655261  
Fax 01493 653423 Email: [info@gyc.ac.uk](mailto:info@gyc.ac.uk) or visit our website: [www.gyc.ac.uk](http://www.gyc.ac.uk)

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