

Edexcel BTEC Level 3 Nationals

Sport & Exercise Science (Double)



If you have a desire to work in teaching and coaching or professional sport, or work in the leisure industry, Sports Management, Journalism, Marketing or the health and fitness industry then this may be the course for you.



Case Study: Francesca Lamb – St Robert’s

During my time at St Roberts PE had always been my favourite subject, so when it came to choosing my A Levels I wanted to study something that I enjoyed. I had always been interested in sport outside of school, and I thought by studying PE I would be able to learn more about a subject I loved.

The lessons are made to be fun and enjoyable, and the teachers are always willing to give you any extra help that you want. Staff are understanding and are always there to help with any aspect of sixth form. PE is a subject which covers a range of subject aspects, for example it has science and biological aspects as well as historical. This gives you a wide range of knowledge in different areas

Entry requirements: 5 A* - C

You need to have gained GCSE PE Grade C or above/ or completed Level 2 BTEC Sport with a Merit grade or above. Also, the demands of the specification are such that candidates should have GCSE Science grade C and English at grade 5. You must be totally committed to playing sport and must be involved in sports in some capacity. E.g. participating, coaching, leading or officiating.

What will you be learning?

Over the time of the course, there will be 8 units/areas of study ranging between Anatomy & Physiology, Sports Coaching & Sports Psychology. In Year 12, you will have 10 lessons per year and will certificate at the end of the year for 1 full A-Level. This will be repeated in Year 13 for a Double award.

How will you be assessed?

3 of the units are externally assessed, 2 by exam & 1 by controlled assessment. The remaining 5 are assessed on portfolio evidence presented for each unit.. Evidence can take many forms including assignments, leaflets, video footage, or presentations. Assessment will take place at various stages throughout each unit. The results of each assessment will go towards your overall grade of a Pass (E), Merit (C) or Distinction (A).

How will I be taught?

The course is practically based and wherever possible learning takes place outside of the classroom in a practical sports based environment.

What skills will I develop?

You will develop many practical and coaching skills..