

A photograph of a gym setting with large windows. Two young men in red t-shirts are in the foreground; one is sitting on a blue exercise machine and the other is standing next to him. In the background, other gym equipment and another person are visible.

## BTEC Sport and Exercise Sciences Extended Diploma - K068

This course has been developed to meet employment opportunities within the sport and exercise industry, or progression into higher education.

### COURSE DETAILS

Areas of study may include:

- Anatomy
- Psychology
- Practical individual Sports
- Sport in Society
- Physiology
- Research methods
- Fitness testing
- Training and fitness
- Practical team sports
- Work experience
- Research project
- Exercise health and lifestyle
- Sports massage
- Sports injuries
- Sports coaching
- Outdoor and adventurous activities
- Biomechanics and nutrition

Residential weeks are also incorporated into the course further information will be provided by course tutors in induction week.

### ENTRY GUIDELINES



- Priority will be given to students aged 16-18 yrs old
- 5 GCSEs at grade 4 or above (Maths, English and Science) or
- BTEC First Diploma in a related subject (Minimum Merit grade expected)
- Satisfactory interview to assess motivation, previous experience if applicable, communication skills, career planning
- Satisfactory reference

## EQUIPMENT REQUIRED

To learn effectively on your course you will need to use certain items of equipment and undertake particular activities as part of your studies. To further enhance your learning experience the following will be required: Uniform £60 Trips £50 If you need support with these costs, don't worry, click on the link below and complete a bursary application form. <https://www.wmc.ac.uk/student-support/financial-support/bursaries-loans> Equipment purchased will be yours to keep and you will be able to use them for practice at home and in your future career. N.B. prices correct as of 23/06/2021

## ASSESSMENT METHOD

There will be continuous assessment by a variety of methods including assignments, projects, practical exercises, group work and presentations.

## ADDITIONAL INFORMATION

You will be required to contribute financially to some of the cost of trips, visits and residentials, although these will be kept as low as possible. More information will be given at interview. **Are you aged 16-18?** **Study programmes** are full-time courses for 16-18 year olds which include:

- A qualification such as BTEC Extended Diploma
- Meaningful work experience or preparation for work
- English and maths, if you don't already have GCSE grade A\* - C in English and maths
- Non-study activities such as tutorials, voluntary work, fund-raising/charity work, sport or trips

## WHERE CAN I PROGRESS TO?

At the end of the course, you could progress to higher education or employment. Explore potential careers via [Career Match](#) — it provides current local data on wages and employment prospects.

# WHEN DOES THIS COURSE RUN?

CAMPUS	STARTS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
	02nd Sep 2024	Full Time	K068Q001	
<p><b>If you are aged 16-18:</b></p> <p>This study programme will be FREE for most students who are aged 16-18 on 31 August, or students aged 19-24 with an Education, Health &amp; Care Plan.</p> <p><b>If you are aged 19 or over:</b></p>				

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 09th May, 2024 and may be subject to change.