

# Level 3 National Extended Certificate in Applied Sport & Exercise Science

This course is to be studied alongside two A Levels.



## Course Overview

Applied Sport & Exercise Science is a balanced course with varying assessments. It promotes deeper theoretical knowledge and understanding of how the human body produces movement, along with examining the major psychological factors that impact sports performers. Students will undertake practical sessions to experiment with state-of-the-art industry equipment and apply theory to practice.

A broad basis of study for the sport and exercise science sector. Designed to support progression to higher education when taken as part of a programme of study that develops skills, knowledge and understanding of the sports science industry.

## What You Will Study

You will study a variety of areas, including:

- Functional Anatomy
- Applied Sport & Exercise Psychology
- Coaching for Performance and Fitness

You will also study one of the following units:

- Biomechanics in Sport and Exercise Science
- Specialised Fitness Training
- Physical Activity for Individual and Group-based Exercise

## How You Will Be Assessed

Internally assessed assignments/ practical and externally assessed tasks.

## Entry Requirements

5 GCSEs at Grade 9-4, including English Language and Maths.

## Further Study

Many of our students progress onto the BSc (Hons) in Sports Coaching and Exercise Sciences at Selby College, or apply for university.

**START DATE**  
September

**LEVEL**  
Level 3

**STUDY MODE**  
Full-time

**DURATION**  
2 years

**AWARDING BODY**  
BTEC

**LOCATION**  
Selby College



For further information about this course, including Entry Requirements, Assessments and Further Study, scan the QR code.

## Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email [courseinfo@heartofyorkshire.ac.uk](mailto:courseinfo@heartofyorkshire.ac.uk).

To learn more about Selby College, our facilities and how we can support you please visit our website [www.heartofyorkshire.ac.uk](http://www.heartofyorkshire.ac.uk).

## Quick Links



**How to Apply**



**Student Support**



**Virtual Tours**