

BHASVIC

Sport, Exercise & Health Sciences

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Students at BHASVIC have the choice of studying a number of different sport related courses, as well as joining sports academy programmes or participating in extra curricular sport for personal development.

Academic courses:

- A-Level Physical Education
- BTEC Sport and Exercise Science – Single or Double
- BTEC Sport – Single or Double
- Fitness Coaching & Personal Training



Sports Academy Programmes:

- Rugby
- Netball
- Basketball
- Women's Football
- Men's Football
- Volleyball (Beach)

Why study a sports related subject at college?

- Range of applied theory from different areas of study including biology, psychology, social cultural studies, as well as others, applied to the context and field of sport and health.
- Development of applied technical and soft skills along with knowledge which are key to progress into employment in the future
- All courses are level 3, they are a stepping stone to study at higher education and are highly regarded by universities. Knowledge and academic ability demonstrated on the course is transferable to wider range of university courses.
- Personal and social development – physical and mental health and well-being
- Universities and employers want to see success – you will succeed if you enjoy and find a passion for your subject

Sport & Exercise & Science

The Sport and Exercise Science courses develop academic knowledge and understanding in diverse topics such as sport psychology, biomechanics, physiology, coaching and fitness. As well as application of skills in practical settings.

Where possible, learning embraces community connections with vocational trips or specialist guest speakers and research in university laboratories. You will also other essential life skills, such as leadership, resilience, communication and collaboration, which underpin all progression routes whether in sport or not.

Learning and assessment is varied to represent workplace and university style demands, with some external examination and coursework assessment. These are academically demanding and applied courses suiting analytical students where a strong science understanding is advantageous.

2 Year course - Modular Assessment - Can be taken as a single or a double course.

BTEC Level 3
Diploma in Sport & Exercise Science

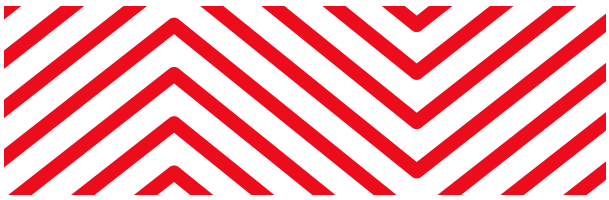
- Equivalent to 2 A-levels

Units	Assessment
1 - Exercise Physiology	External Exams (46%)
2 - Functional Anatomy	
3 - Sports Psychology	
4 - Fitness Testing	Coursework (54%)
5 - Research Methods	
6 - Sports Coaching	
7 - Biomechanics	
11 - Sports Massage	

BTEC Level 3
Extended Certificate in Sport & Exercise Science

- Equivalent to 1 A-level

Units	Assessment
2 - Functional Anatomy	External Exams (58%)
3 - Sports Psychology	
6 - Sports Coaching	Coursework (42%)
7 - Biomechanics	



Sport

Within the Sport courses you will study a range of units over the two years which include Anatomy and Physiology, Fitness Testing & Training Programmes and Sports Leadership.

The courses enable students to develop their knowledge of the different areas in sport, both in a theoretical and practical way. Assessment is through both coursework and exams on the modules taught throughout the year. There will also be a requirement for you to coach a small group in a sport of your choice.

These courses are suited to students who have a keen interest in applying sport to practical and theoretical situations. Learning and assessment is varied to parallel workplace, apprenticeship and university style demands, with some external examination and coursework assessment. You will receive first-rate staff support for achieving excellent results, while enriching your study skills and personal development.

2 Year course - Modular Assessment - Can be taken as a single or a double course.

BTEC Level 3
Diploma in Sport
- Equivalent to 2 A-levels

Units	Assessment
1 - Anatomy & Physiology	External Exams (46%)
2 - Fitness Training & Health	
11 - Sports Business	
3 - Professional Development	Coursework (54%)
4 - Sports Leadership	
10 - Running Sports Events	
23 - Skill Acquisition	
27 - Outdoor Adventure	

BTEC Level 3
Extended Certificate in Sport
- Equivalent to 1 A-level

Units	Assessment
1 - Anatomy & Physiology	External Exams (58%)
2 - Fitness Training & Health	
3 - Professional Development	Coursework (42%)
4 - Sports Leadership	

A-level Physical Education

Physical Education (PE) is about developing a knowledge of the impact sport can have on health, well-being and the human body. Areas studied are applied anatomy and physiology, exercise physiology, biomechanics, skill acquisition, sports psychology, sport and society and contemporary issues in physical activity and sport.

Students will develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to evaluate and improve performance. They will improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

This course will be assessed via one exam assessment at the end of the second year to cover all of the modules taught. Practically you will also be assessed in one sporting activity, alongside an oral analysis of sporting activity performance.

Unit	Content	Assessment
1 - Physiological factors affecting performance	• Applied anatomy and physiology • Exercise physiology • Biomechanics	Exam 30% of total A level
2 - Psychological factors affecting performance	• Skill acquisition • Sports psychology	Exam 20% of total A level
3 - Socio-cultural issues in physical activity and sport	• Sport and society • Contemporary issues in physical activity and sport	Exam 20% of total A level
4 - Performance in physical education	• Performance or Coaching • Evaluation and Analysis of Performance for Improvement (EAPI)	Non-exam assessment (NEA) 30% of total A level

Fitness Coaching & Personal Training

Certificate in Fitness Coaching & Diploma in Personal Training
2 Year course - Modular Assessment - Professional Qualification (with UCAS points)

This course covers the knowledge and skills required to work in the fitness industry in fitness coaching and personal training roles. It is a professionally recognized qualification which creates employment opportunity but also develops your academic knowledge and can support progress to higher education.

You will examine anatomy, physiology and nutrition, and how they relate to exercise and fitness so you can analyse and guide functional movement patterns.

You will learn how to design and deliver effective exercise programmes, one to one instruction and small group sessions, as well as lifestyle management strategies and support.

The course also explores how to run a fitness or PT business including, finance, sales and marketing.

Students should be regularly involved in exercise and training and have an interest in developing the skills and knowledge to help other develop.

Unit	Content
Anatomy and Physiology for Exercise and Fitness	**Knowledge Assessments**
Principles of **Fitness Training**	
Principles of **Nutrition** for Exercise and Health	
Understanding **Lifestyle**, Wellbeing and Medical Conditions	**Coursework Assignments**
Health and Safety in a fitness environment. Leisure team operations	
Professionalism, customer care and Encouraging positive health behaviours	
Business acumen for personal trainers	
Conducting client **consultations**	**Practical Performance Assessments**
Planning and delivering fitness sessions	
Programme design and delivery for personal training	



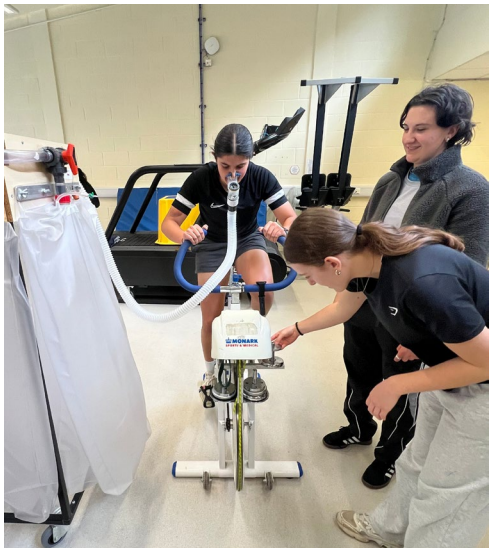

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BHASVIC Study Programme Options

Your study programme at BHASVIC runs for 2 years and is comprised of;

- 3 x Advanced level courses
- Tutorial programme
- Extra-curricular sports performance (optional)
- Portfolio courses (yr 2) - this includes Sports leadership

See the examples of how to combine your sports courses with other subjects.



	Option 1	Option 2	Option 3	Extras
E.g. 1	Physical Education	Other subject choice	Other subject choice	Sports Academy Sports Enrichment
	Sport			
	Sport & Ex Science			
	Fitness Coach & PT			
E.g. 2	Physical Education	Fitness Coach & PT	Other subject choice	Sports Academy Sports Enrichment
	Sport			
	Sport & Ex Science			
E.g. 3	Sport	Sport	Other subject choice	Sports Academy Sports Enrichment
	Sport & Ex Science	Sport & Ex Science		
E.g. 4	Sport	Sport	Fitness Coach & PT	Sports Academy Sports Enrichment
	Sport & Ex Science	Sport & Ex Science		

*Students cannot do both Sport and Sport & Exercise Science or PE, so should decide which one is best suited to their interests and goals.

*Fitness coaching and personal training can be combined with any of the other sports courses.

Key features and differences between the courses

A-Level PE	BTEC Sport & Exercise Science	BTEC Sport	Fitness Coaching & Personal Training
Who is this course for? Students who are interested in studying PE at advanced level with academic focus exploring theory on human anatomy and physiology, psychology and motor learning and social cultural issues in sport. Confident being assessed through examinations	**Who is this course for?** Students interested in the science that underpins human performance in sport and exercise, as well as factors influencing health. Mixture of exams and coursework which challenges personal development and application of knowledge	**Who is this course for?** Students who are interested in sport performance and participation, the factors affecting this as well as wider industry and roles. Mixture of exams and coursework which challenges personal development and application of knowledge	**Who is this course for?** Students who want to gain a professional qualification whilst at college allowing access to employment in the health and fitness industry. Mixture of practical theoretical study, assessed on a modular basis.
Must be performing at club level in sport - assessed	No requirement level of sports performance	No requirement level of sports performance	Competency in fitness and exercise environments
70% Theory Exams (x3 Exams) Linear model – Assessment at end of programme Yr2 **30% NEA** 15% Analysis & Evaluation of Performance – Oral 15% Practical Performance	2/3rd Exam 1/3rd Coursework Modular delivery model – assessments each term over two years Building towards overall grade	2/3rd Exam 1/3rd Coursework Modular delivery model – assessments each term over two years Building towards overall grade	Mixture of practical theoretical study Assessed on a modular basis. Practical assessment working with clients in fitness environments
Graded A>E	Graded Pass>Distinction *	Graded Pass>Distinction *	Graded Pass only 24 UCAS points

Course Level and University Recognition – UCAS Points

BTEC Diploma	BTEC Extended Certificate	A level	Fitness Coaching & Personal Training	UCAS Tariff Points
D*D*				112
D*D				104
DD				96
DM				80
MM				64
	D*	A*		56
MP	D	A		48
		B		40
PP	M	C		32
		D	Pass	24
	P	E		16




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