

# BTEC Level 3 Extended Diploma Sport and Exercise Science

**20%**  
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**82%**  
High Grades

Practical units  
in coaching &  
fitness training

Great mix of  
assessment  
methods

Fun and  
engaging  
lessons



# BTEC Level 3 Sport & Exercise Science

Sport and Exercise Science at Runshaw College is an exciting and diverse sport course that opens up a number of university courses in areas such as sport and exercise science, physiotherapy, coaching, teaching and other related areas. The students will be joining a highly successful and rewarding course that captivates the interest of any future sport scientists, sports psychologists, nutritionists, sports therapists, teachers and coaches. The university opportunities are vast and this course sets students up to help with academic writing and the skills needed for research and presenting.

Particular questions that will be answered include:  
What kind of nutrition does an athlete require?  
How do I carry out a pre-match massage? How do muscles and cells adapt to become a better athlete?

Students will get the opportunity to use top of the range equipment, technology and facilities to assist their learning. Modules such as sports injuries and sports massage offer ideal background knowledge for those looking into a career in physiotherapy.

As well as studying for the BTEC qualification, students will also be given the opportunity to work towards leadership and coaching awards. Furthermore, the course is designed to allow students to be able to gain valuable work experience to help boost their sport science profile.

Runshaw is one of the North West's most successful sporting colleges, and boasts exceptional facilities and staff. Students will use high quality learning models and materials for interesting theoretical units such as Functional Anatomy and Exercise Physiology and learn vital research skills to help them in their studies. There is also a state of the art 3G floodlit pitch, sports hall and fully equipped modern fitness suite.

The course has gained a very good reputation with universities, and this is evidenced by the number of former students who have gained admittance on to undergraduate courses at reputable academic institutions.

## Entry Requirements:

A minimum of 5 x Grade 4s, including English, Maths and Science.

## What's great about this course?

- 1 Growth of lifelong employability skills
- 2 Focus on building resilience, mind set and durability
- 3 Great balance of theory and practical lessons
- 4 Improves and develops the person as a whole
- 5 Use of 40 massage beds to teach sports massage and sports injuries



@Runshaw\_SES

**Sports Academy**  
Proud to Partner



For more information about our courses, visit [runshaw.ac.uk](http://runshaw.ac.uk)  
call **01772 643000** or email [info@runshaw.ac.uk](mailto:info@runshaw.ac.uk)