

# PHYSICAL EDUCATION (Applied General)

VTCT Introductory/Subsidiary Diploma/Diploma in Sport & Exercise Science

## Exam Board: Edexcel

VTCT Level 3 Introductory/Subsidiary Diploma and Diploma are 2 year vocational courses equivalent to either one A Level if you do the Introductory Diploma or two A Levels if you do the Subsidiary Diploma or Diploma. These courses develop the knowledge, understanding and skills of learners to support progression to Higher Education in a range of sport and sport-related disciplines.

Students study 6 - 12 units respectively covering a wide range of topics related to sports participation, sports science, coaching and leadership. The course is entirely coursework based and the quality of the work produced will determine the grades that are awarded at the end of the course. They grades are equivalent to A level grades and provide pupils UCAS points needed for university.

Pupils are required to complete 4 mandatory units:

Unit 1 - Anatomy and Physiology

Unit 2 – Physiology for Fitness

Unit 3 - Sport in Society

Unit 4 – Coaching in sport

Pupils are also required to complete an additional 2 – 8 units (depending on which course they chose) some of which are stated below:

- Analysis of sports performance
- Fitness training
- Leadership in sport
- Sports massage
- Sports nutrition

Meeting deadlines and organisation are therefore very important aspects if students are to achieve their potential on this very successful course. It is ideal for anyone who studied PE at GCSE and supports progression to Higher Education to study a sports degree or other related degree programme, including:

- Sports studies
- Sports and exercise science
- Rehabilitation in sport/Physiotherapy
- Sports therapy
- Sports management
- Sports development
- Sports coaching
- Teaching

***Marissa Mason, Head of PE***