

VTCT

**Smarter support for
brighter futures**

VTCT's National Certificates and Diplomas in Sport and Exercise Sciences

VTCT'S NATIONAL CERTIFICATES AND DIPLOMAS IN SPORT AND EXERCISE SCIENCES

Introduction

The VTCT National Certificates and Diplomas in Sport and Exercise Sciences is a suite of five qualifications that provide learners with the knowledge, understanding and skills to progress to higher education in a range of sports and exercise science related disciplines. This suite of Applied Generals is included on the UCAS Tariff and are formally recognised as fit for purpose by higher education institutions across the UK for entry onto degree related programmes.

The structure of these qualifications enables learners to develop academic and study skills that will support progression to higher education within sport and sport science related sectors. The structure of the mandatory units allows for synoptic external examinations reducing the external examination burden on learners while maintaining academic rigour. All optional units are internally assessed and the range of units provide the opportunity for learners to select the units of most interest to them. Additionally, this supports progression towards study programmes allowing learners to pursue their chosen career. This could be in fields such as sport and technology, sports coaching and leadership, sports therapy, or a range of other areas.

Whilst the main purpose of these qualifications is to support entry to higher education, they may also be used to support entry to, or progression within, sport and leisure employment.

Through undertaking these qualifications, the learner will develop core and transferable skills highly recognised at higher education, in particular:

- Critical thinking and reflection of self-performance and work produced
- Use of initiative, planning and researching skills, self-management, self-motivation and the ability to work independently and as part of a team
- Innovation and creativity
- Application of knowledge and understanding to real life examples
- Problem solving
- Communication skills – verbal, written and visual

Our qualifications undergo continual improvements

The following pages in this guide explain the changes to our Applied General sports suite.



ASSESSMENT STRUCTURE FOR SPORT AND EXERCISE SCIENCE

Qualification code	Mandatory units	Unit title	Type of assessment
SP3C16 SP3EC1 SP3D26 SP3D27 SP3ED25	USP126	Functional anatomy	External exam (EX1) specific to anatomy
SP3EC1 SP3D26 SP3D27 SP3ED25	USP127	Applied physiology for sport and exercise	External synoptic exam (EX2)
SP3D26 SP3D27 SP3ED25	USP128	Fitness principles and training approaches	External synoptic exam (EX2)
SP3ED25	USP129	Applied psychology for sport and exercise behaviour	External synoptic exam (EX3)
SP3ED25	USP130	Health, wellbeing and lifestyle factors	External synoptic exam (EX3)
SP3ED25	USP131	Applied nutrition for sport and exercise	External synoptic exam (EX3)
SP3D27 SP3ED25	USP132	Research in sport and exercise science	Internal synoptic research project
SP3D27 SP3ED25	USP139	Health screening and fitness testing	Internal mandatory assignment
SP3ED25	USP140	Analysing sport and exercise performance	Internal mandatory assignment
SP3C16 SP3EC1 SP3D26	USP142	Presentation skills	Internal synoptic project




All optional units have an internal assignment.

Optional units must be passed but do not contribute to the overall grade.

SUMMARY OF DIFFERENCES BETWEEN

<p>Sports Studies Suite</p> <p>old finished 2019</p>	<p>Sport and Exercise Science Suite</p> <p>new 2020 onwards</p>
Up to 8 external examinations	Up to only 3 external examinations
External examinations are not synoptic	External examinations are synoptically organised
Units with transferable/study skills are not mandatory	Contains transferable and study skills as mandatory
Some optional units are externally examined (depending on qualification size)	All optional units have an internal assignment
Optional units contribute to overall grade	Optional units must be passed but do not contribute to the overall grade
Less variety in terms of academic vigour and practical skills development	Contains a variety of practical/technical optional units as well as science based units
Contains 4 qualification options ranging from 1–3 A-level equivalence	Contains 5 qualification options ranging from 0.5–3 A-level equivalence

THE OLD AND NEW QUALIFICATIONS

Why the new suite is better	Summary
<p>▶ This reduces the external assessment burden on the learner</p>	<p>These differences aim to support the learners to:</p> <div data-bbox="858 633 1426 943">  <p>Develop academic and study skills that will support progression to higher education within sport and sport science related sectors</p> </div> <div data-bbox="836 1066 1366 1330">  <p>Develop a broad and comprehensive understanding of the sport and active leisure sector</p> </div> <div data-bbox="863 1476 1437 1749">  <p>Develop a range of technical skills and attributes which will support a career in sport and active leisure</p> </div>
<p>▶ Synoptic mapping means that optional units are only introduced when sufficient coverage of essential knowledge, through mandatory units, are met</p>	
<p>▶ These skills are sought at HE level</p>	
<p>▶ This reduces the external examination burden</p>	
<p>▶ This model ensures the validity of the grade by ensuring that the overall grade consists of just the core mandatory units and their assessments. This also supports standardisation across learners' grades nationwide</p>	
<p>▶ The range of optional units are better suited to the range of courses taught at HE</p>	
<p>▶ Options provide the opportunity for learners to select units of most interest and which best support their progression</p>	

OVERVIEW OF THE QUALIFICATIONS

Sports and Exercise Science Suite



Product code	Qualification title	Guided Learning Hours (GLH)	Total Qualification Time (TQT)
SP3C16	VTCT Level 3 National Certificate in Sport and Exercise Sciences	182	225
SP3EC1	VTCT Level 3 National Extended Certificate in Sport and Exercise Sciences	362	435
SP3D26	VTCT Level 3 National Foundation Diploma in Sport and Exercise Sciences	542	645
SP3D27	VTCT Level 3 National Diploma in Sport and Exercise Sciences	720	840
SP3ED25	VTCT Level 3 National Extended Diploma in Sport and Exercise Sciences	1100	1305

Sports Studies Suite



Product code	Qualification title	Guided Learning Hours (GLH)	Total Qualification Time (TQT)
SP3D17	VTCT Level 3 Introductory Diploma in Sports Studies	360	600
SP3D18	VTCT Level 3 Subsidiary Diploma in Sports Studies	540	900
SP3D19	VTCT Level 3 Diploma in Sports Studies	720	1200
SP3D20	VTCT Level 3 Extended Diploma in Sports Studies	1080	1800

These qualifications are replaced by the new Sport and Exercise Science Suite Mandatory units (above)





UNITS WITHIN THE QUALIFICATION

Sport and Exercise Science Suite Mandatory units



Unit code	Unit title	Guided Learning Hours (GLH)
USP126	Functional anatomy	120
USP127	Applied physiology for sport and exercise	120
USP128	Fitness principles and training approaches	120
USP129	Applied psychology for sport and exercise behaviour	100
USP130	Health, wellbeing and lifestyle factors	80
USP131	Applied nutrition for sport and exercise	80
USP132	Research in sport and exercise science	120
USP139	Health screening and fitness testing	60
USP140	Analysing sport and exercise performance	60
USP142	Presentation skills	2

Sports Studies Suite Mandatory units



Unit code	Unit title	Guided Learning Hours (GLH)
USP69	Analysing sports performance	60
USP70	Anatomy and physiology for sport	60
USP71	Business in sport	60
USP74	Health screening and fitness testing	60
USP78	Lifestyle factors	60
USP80	Nutrition for sport	60
USP84	Physiology of fitness	60
USP86	Risk assessment in sport	60
USP87	Sport in society	60
USP88	Sports leadership	60
USP89	Sports psychology	60

These qualifications are replaced by the new Sport and Exercise Science Suite Mandatory units (above)

UNITS WITHIN THE QUALIFICATION

Sport and Exercise Science Suite Optional units



Unit code	Unit title	Guided Learning Hours (GLH)
USP133	Innovation and technology in sport and exercise	60
USP134	Health promotion and sports development	60
USP135	Sport and exercise in society	60
USP136	Injuries in sport and exercise	60
USP137	Coaching and leadership in sport and exercise	60
USP138	Massage for sport and exercise	60
USP141	Biomechanics in sport and exercise	60

Sports Studies Suite Optional units



Unit code	Unit title	Guided Learning Hours (GLH)
USP72	Coaching in sport	60
USP73	Facilities and operational management in sport	60
USP75	Individual sports	60
USP76	Injuries in sport	60
USP77	Instructing physical activity	60
USP79	Massage for sport and exercise	60
USP81	Officiating in sport	60
USP82	Organising sports events	60
USP83	Outdoor and adventurous activities	60
USP85	Research project for sport and exercise	60
USP90	Team sports	60
USP91	Training and programming for fitness	60

These qualifications are replaced by the new Sport and Exercise Science suite Mandatory units (above)





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