

**Pearson
BTEC Level 4
Higher National Certificate
in Sport and Exercise Sciences**

**Pearson
BTEC Level 5
Higher National Diploma
in Sport and Exercise Sciences**

Specification

Issue 6

Edexcel, BTEC and LCCI qualifications

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This specification is Issue 6. Due to the replacement of the Qualifications and Credit Framework (QCF) by the Regulated Qualifications Framework (RQF), references to the QCF and to its predecessor, the National Qualifications Framework (NQF) have been removed from this specification. In addition, Pearson has assigned Total Qualification Time (TQT) in hours to this qualification; this is covered in the section entitled '*Programme design and delivery*' of this specification.

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Pearson BTEC Level 4 HNC Diploma in Sport and Exercise Sciences

Pearson BTEC Level 5 HND Diploma in Sport and Exercise Sciences

Pearson BTEC Level 4 HNC Diploma in Sport (Health, Fitness and Exercise)

Pearson BTEC Level 5 HND Diploma in Sport (Health, Fitness and Exercise)

Pearson BTEC Level 4 HNC Diploma in Sport (Coaching and Sports Development)

Pearson BTEC Level 5 HND Diploma in Sport (Coaching and Sports Development)

Pearson BTEC Level 4 HNC Diploma in Sport (Leisure Management)

Pearson BTEC Level 5 HND Diploma in Sport (Leisure Management)

The BTEC HNCs (Higher National Certificates) are now at level 4 and are a minimum of 120 credits in size. They have been nested within the structures of the BTEC HNDs (Higher National Diplomas).

BTEC HNDs are level 5 qualifications. They are a minimum of 240 credits in size.

The qualifications are Intermediate level qualifications on the Framework for Higher Education Qualifications (FHEQ). Progression to BTEC Higher Nationals continues to be from level 3 qualifications. Progression from BTEC Higher Nationals will normally be to qualifications at level 6. Learners' progression routes do not necessarily involve qualifications at every level.

As a nested qualification the HNC is an embedded component of the HND. However, it can be taken as a stand-alone qualification.

If a learner enrolls for an HNC they would be eligible to gain a grade for the HNC. If they then move onto an HND, the learner is graded on their HND performance. The grade for the HND will include units from the previously achieved HNC.

If a learner opts to take an HND from the start, then on successful completion of the HND they will receive one grade for the HND achievement only.

If a learner opts to take an HND from the start but later chooses to revert to an HNC programme, then on successful completion of the HNC they will receive a grade for the HNC achievement only.

BTEC Higher Nationals within the RQF and FHEQ

RQF/FHEQ level	Progression opportunities and examples of qualifications within each level
8	PhD/DPhil Professional doctorates (credit based), e.g. EdD
7	Master's degrees Postgraduate diplomas Postgraduate Certificate in Education (PGCE)
6	Bachelor's degrees, e.g. BA, BSc Professional Graduate Certificate in Education Graduate certificates and diplomas
5	BTEC HNDs (Higher National Diplomas) Foundation Degrees, e.g. FdA, FdSc Diplomas of Higher Education (Dip HE)
4	BTEC HNCs (Higher National Certificates) Certificates of Higher Education (Cert HE) Level 4 National Vocational Qualifications (NVQs)
3	BTEC Level 3 Extended Diplomas BTEC Level 3 Diplomas BTEC Level 3 Subsidiary Diplomas BTEC Level 3 Certificates GCE Advanced Level Level 3 NVQs Advanced Diplomas

Contents

Purpose of this specification	1
Qualification titles covered by this specification	2
Qualification Numbers	2
Introduction	3
Structure of the qualification	3
BTEC Level 4 HNC	3
BTEC Level 5 HND	3
Rules of combination for BTEC Levels 4 and 5 Higher National qualifications	4
Key features	18
Progression from the BTEC Level 4 HNC	19
Progression from the BTEC Level 5 HND	19
Professional body recognition	20
National Occupational Standards	20
Qualification Frameworks for Higher National Diplomas	21
Teaching, learning and assessment	22
Unit format	22
Learning and assessment	24
Grading Higher National units	25
Calculation of the qualification grade	26
Recognition of Prior Learning	28
Quality assurance of BTEC Higher Nationals	29
Programme design and delivery	31
Mode of delivery	32
Resources	33
Delivery approach	34
Meeting local needs	34
Access and recruitment	35
Restrictions on learner entry	35
Equality Act 2010 and Pearson equality policy	36

English language expectations	36
Professional body contact details	36
Professional development and training	37
Annexe A	38
Qualification Requirements	38
Annexe B	44
National Occupational Standards (NOS)	44
Annexe C	48
Grade descriptors	48
Annexe D	50
Unit mapping overview	50
Unit mapping in depth	56
Annexe E	66
Calculation of the qualification grade	66

Purpose of this specification

The purpose of a specification as defined by Ofqual is to set out:

- the qualification's objective
- any other qualification that a learner must have completed before taking the qualification
- any prior knowledge, skills or understanding that the learner is required to have before taking the qualification
- units that a learner must have completed before the qualification will be awarded and any optional routes
- any other requirements that a learner must have satisfied before they will be assessed or before the qualification will be awarded
- the knowledge, skills and understanding that will be assessed as part of the qualification (giving a clear indication of their coverage and depth)
- the method of any assessment and any associated requirements relating to it
- the criteria against which the learner's level of attainment will be measured (such as assessment criteria)
- any specimen materials
- any specified levels of attainment.

Qualification titles covered by this specification

Pearson BTEC Level 4 HNC Diploma in Sport and Exercise Sciences

Pearson BTEC Level 5 HND Diploma in Sport and Exercise Sciences

Pearson BTEC Level 4 HNC Diploma in Sport

Pearson BTEC Level 5 HND Diploma in Sport

The Qualification Numbers (QNs) for these qualifications are listed below.

These qualification titles are as they will appear on learners' certificates. Learners need to be made aware of this when they are recruited by the centre and registered with Pearson. Providing this happens, centres are able to describe the programme of study leading to the award of the qualification in different ways to suit the medium and the target audience.

The Quality Assurance Agency for Higher Education (QAA) has produced guidelines for centres in preparing programme specifications (reference *Guidelines for preparing programme specifications: UK Quality Code for Higher Education, Part A Chapter A3.*)

Qualification Numbers

The qualification and unit codes will appear on learners' final certification documentation.

The QNs for the qualifications in this publication are:

500/8297/8 Pearson BTEC Level 4 HNC Diploma in Sport and Exercise Sciences

500/8298/X Pearson BTEC Level 5 HND Diploma in Sport and Exercise Sciences

500/8299/1 Pearson BTEC Level 4 HNC Diploma in Sport

500/8300/4 Pearson BTEC Level 5 HND Diploma in Sport

Introduction

This specification contains the units and associated guidance for the Pearson BTEC Level 4 HNC in Sport and Exercise Sciences and the Pearson BTEC Level 5 HND in Sport and Exercise Sciences.

Each unit sets out the required learning outcomes, assessment criteria and content and may also include advice regarding essential delivery and assessment strategies.

This document also contains details of the teaching, learning, assessment and quality assurance of these qualifications. It includes advice about our policies regarding access to our qualifications, the design of programmes of study and delivery modes.

Structure of the qualification

BTEC Level 4 HNC

The Pearson BTEC Level 4 HNC in Sport and Exercise Sciences is a qualification with a minimum of 120 credits of which 60 are mandatory core.

The Pearson BTEC Level 4 HNC in Sport (Health, Fitness and Exercise) is a qualification with a minimum of 120 credits of which 60 are mandatory core.

The Pearson BTEC Level 4 HNC in Sport (Coaching and Sports Development) is a qualification with a minimum of 120 credits of which 45 are mandatory core.

The Pearson BTEC Level 4 HNC in Sport (Leisure Management) is a qualification with a minimum of 120 credits of which 60 are mandatory core.

The BTEC Level 4 HNC programme must contain a minimum of 65 credits at level 4.

BTEC Level 5 HND

The Pearson BTEC Level 5 HND in Sport and Exercise Sciences is a qualification with a minimum of 240 credits of which 95 are mandatory core.

The Pearson BTEC Level 5 HND in Sport (Health, Fitness and Exercise) is a qualification with a minimum of 240 credits of which 95 are mandatory core.

The Pearson BTEC Level 5 HND in Sport (Coaching and Sports Development) is a qualification with a minimum of 240 credits of which 95 are mandatory core.

The Pearson BTEC Level 5 HND in Sport (Leisure Management) is a qualification with a minimum of 240 credits of which 95 are mandatory core.

The BTEC Level 5 HND programme must contain a minimum of 125 credits at level 5 or above.

Rules of combination for BTEC Levels 4 and 5 Higher National qualifications

The rules of combination specify the:

- total credit value of the qualification
- minimum credit to be achieved at the level of the qualification
- mandatory core unit credit
- specialist unit credit
- maximum credit that can be centre devised or imported from other BTEC Higher National qualifications accredited from 2010.

When combining units for a BTEC Higher National qualification it is the centre's responsibility to ensure that the following rules of combination are adhered to:

Pearson BTEC Level 4 HNC in Sport and Exercise Sciences

- 1 Qualification credit value: a minimum of 120 credits. (A maximum of 30 credits may be at level 3; a maximum of 55 credits may be at level 5.)
- 2 Minimum credit to be achieved at the level of the qualification (level 4): 65 credits.
- 3 Mandatory core unit credit: 60 credits.
- 4 Specialist unit credit: 60 credits.
- 5 A maximum of 30 credits can be centre devised or imported from other BTEC Higher National qualifications accredited from 2010 to meet local needs. Level rules and mandatory core units must not be changed.
- 6 **Total Qualification Time** Higher National Certificate (HNC) = 1,200 hours
- 7 **Total Guided Learning (GL)** Higher National Certificate (HNC) = 480 hours

Pearson BTEC Level 5 HND in Sport and Exercise Sciences

- 1 Qualification credit value: a minimum of 240 credits. (A maximum of 30 credits may be at level 3; and a maximum of 30 credits may be at level 6.)
- 2 Minimum credit to be achieved at the level of the qualification (level 5) or above: 125 credits.
- 3 Mandatory core unit credit: 95 credits.
- 4 Specialist unit credit: 145 credits.
- 5 The requirements of the HNC have to be met.
- 6 A maximum of 60 credits can be centre devised or imported from other BTEC Higher National qualifications accredited from 2010 to meet local needs. Level rules and mandatory core units must not be changed.
- 7 **Total Qualification Time** Higher National Diploma (HND) = 2,400 hours
- 8 **Total Guided Learning (GL)** Higher National Diploma (HND) = 960 hours

Pearson BTEC Level 4 HNC in Sport (Health, Fitness and Exercise)

- 1 Qualification credit value: a minimum of 120 credits. (A maximum of 30 credits may be at level 3; a maximum of 55 credits may be at level 5.)
- 2 Minimum credit to be achieved at the level of the qualification (level 4): 65 credits.
- 3 Mandatory core unit credit: 60 credits.
- 4 Specialist unit credit: 60 credits.
- 5 A maximum of 30 credits can be centre devised or imported from other BTEC Higher National qualifications accredited from 2010 to meet local needs. Level rules and mandatory core units must not be changed.
- 6 **Total Qualification Time** Higher National Certificate (HNC) = 1,200 hours
- 7 **Total Guided Learning (GL)** Higher National Certificate (HNC) = 480 hours

Pearson BTEC Level 5 HND in Sport (Health, Fitness and Exercise)

- 1 Qualification credit value: a minimum of 240 credits. (A maximum of 30 credits may be at level 3; and a maximum of 30 credits may be at level 6.)
- 2 Minimum credit to be achieved at the level of the qualification (level 5) or above: 125 credits.
- 3 Mandatory core unit credit: 95 credits.
- 4 Specialist unit credit: 145 credits.
- 5 The requirements of the HNC have to be met.
- 6 A maximum of 60 credits can be centre devised or imported from other BTEC Higher National qualifications accredited from 2010 to meet local needs. Level rules and mandatory core units must not be changed.
- 7 **Total Qualification Time** Higher National Diploma (HND) = 2,400 hours
- 8 **Total Guided Learning (GL)** Higher National Diploma (HND) = 960 hours

Pearson BTEC Level 4 HNC in Sport (Coaching and Sports Development)

- 1 Qualification credit value: a minimum of 120 credits. (A maximum of 30 credits may be at level 3; a maximum of 55 credits may be at level 5.)
- 2 Minimum credit to be achieved at the level of the qualification (level 4): 65 credits.
- 3 Mandatory core unit credit: 45 credits.
- 4 Specialist unit credit: 75 credits.
- 5 A maximum of 30 credits can be centre devised or imported from other BTEC Higher National qualifications accredited from 2010 to meet local needs. Level rules and mandatory core units must not be changed.
- 6 **Total Qualification Time** Higher National Certificate (HNC) = 1,200 hours
- 7 **Total Guided Learning (GL)** Higher National Certificate (HNC) = 480 hours

Pearson BTEC Level 5 HND in Sport (Coaching and Sports Development)

- 1 Qualification credit value: a minimum of 240 credits. (A maximum of 30 credits may be at level 3; a minimum of 65 credits must be at level 4; and a maximum of 30 credits may be at level 6.)
- 2 Minimum credit to be achieved at the level of the qualification (level 5) or above: 125 credits.
- 3 Mandatory core unit credit: 95 credits.
- 4 Specialist unit credit: 145 credits.
- 5 The requirements of the HNC have to be met.
- 6 A maximum of 60 credits can be centre devised or imported from other BTEC Higher National qualifications accredited from 2010 to meet local needs. Level rules and mandatory core units must not be changed.
- 7 **Total Qualification Time** Higher National Diploma (HND) = 2,400 hours
- 8 **Total Guided Learning (GL)** Higher National Diploma (HND) = 960 hours

Pearson BTEC Level 4 HNC in Sport (Leisure Management)

- 1 Qualification credit value: a minimum of 120 credits. (A maximum of 30 credits may be at level 3; a maximum of 55 credits may be at level 5.)
- 2 Minimum credit to be achieved at the level of the qualification (level 4): 65 credits.
- 3 Mandatory core unit credit: 60 credits.
- 4 Specialist unit credit: 60 credits.
- 5 A maximum of 30 credits can be centre devised or imported from other BTEC Higher National qualifications accredited from 2010 to meet local needs. Level rules and mandatory core units must not be changed.
- 6 **Total Qualification Time** Higher National Certificate (HNC) = 1,200 hours
- 7 **Total Guided Learning (GL)** Higher National Certificate (HNC) = 480 hours

Pearson BTEC Level 5 HND in Sport (Leisure Management)

- 1 Qualification credit value: a minimum of 240 credits. (A maximum of 30 credits may be at level 3; and a maximum of 30 credits may be at level 6.)
- 2 Minimum credit to be achieved at the level of the qualification (level 5) or above: 125 credits.
- 3 Mandatory core unit credit: 95 credits.
- 4 Specialist unit credit: 145 credits.
- 5 The requirements of the HNC have to be met.
- 6 A maximum of 60 credits can be centre devised or imported from other BTEC Higher National qualifications accredited from 2010 to meet local needs. Level rules and mandatory core units must not be changed.
- 7 **Total Qualification Time** Higher National Diploma (HND) = 2,400 hours
- 8 **Total Guided Learning (GL)** Higher National Diploma (HND) = 960 hours

Structure of the Pearson BTEC Level 4 HNC in Sport and Exercise Sciences

Unit number	Mandatory core units – all four units must be taken	Unit level	Unit credit
1	Anatomy and Physiology for Sport and Exercise	5	15
2	Sport and Exercise Psychology	4	15
3	Research Methods for Sport and Exercise Sciences	4	15
7	Training and Fitness for Sport and Exercise	4	15
	Specialist units – choose units with a total credit value of at least 60credits		
4	Biomechanics for Sport	5	15
5	Research Project	5	20
6	Nutrition for Sport and Exercise	4	15
19	Laboratory and Experimental Methods in Sport and Exercise Sciences	4	10
20	Biochemistry of Exercise	5	15
21	Physical Activity, Lifestyle and Wellbeing	4	15
22	Instructing Physical Activity and Exercise	3	10
23	Personal and Professional Development	5	15
24	Employability Skills	5	15
25	Work-based Experience	5	15
26	Injury Prevention and Treatment in Sport and Exercise	4	15
28	Sports Coaching	4	15
30	Sport and Exercise Massage	4	15
31	Physical Education	4	15
32	Technology in Sport and Exercise	4	15
33	Functional Exercise Physiology	5	15
36	Applied Sport and Exercise Psychology	5	15

The BTEC Level 4 HNC programme must contain a minimum of 65 credits at level 4.

Structure of the Pearson BTEC Level 5 HND in Sport and Exercise Sciences

Unit number	Mandatory core units – all six units must be taken	Unit level	Unit credit
1	Anatomy and Physiology for Sport and Exercise	5	15
2	Sport and Exercise Psychology	4	15
3	Research Methods for Sport and Exercise Sciences	4	15
4	Biomechanics for Sport	5	15
5	Research Project	5	20
7	Training and Fitness for Sport and Exercise	4	15
	Specialist units – choose units with a total credit value of at least 145 credits		
6	Nutrition for Sport and Exercise	4	15
8	Field-based Fitness Testing for Sport and Exercise	5	15
18	Sport and Society	4	15
19	Laboratory and Experimental Methods in Sport and Exercise Sciences	4	10
20	Biochemistry of Exercise	5	15
21	Physical Activity, Lifestyle and Wellbeing	4	15
22	Instructing Physical Activity and Exercise	3	10
23	Personal and Professional Development	5	15
24	Employability Skills	5	15
25	Work-based Experience	5	15
26	Injury Prevention and Treatment in Sport and Exercise	4	15
27	Skill Acquisition in Sport	4	15
28	Sports Coaching	4	15
29	Analysis of Sports Performance	5	15
30	Sport and Exercise Massage	4	15
31	Physical Education	4	15
32	Technology in Sport and Exercise	4	15
33	Functional Exercise Physiology	5	15
34	Exercise Prescription	4	15
35	Sport and Exercise for Specific Groups	4	15

Unit number	Specialist units – choose units with a total credit value of at least 145 credits <i>continued</i>	Unit level	Unit credit
36	Applied Sport and Exercise Psychology	5	15
37	Sport and Exercise Rehabilitation	5	15

The BTEC Level 5 HND programme must contain a minimum of 125 credits at level 5.

Structure of the Pearson BTEC Level 4 HNC in Sport (Health, Fitness and Exercise)

Unit number	Mandatory core units – all four units must be taken	Unit level	Unit credit
1	Anatomy and Physiology for Sport and Exercise	5	15
7	Training and Fitness for Sport and Exercise	4	15
21	Physical Activity, Lifestyle and Wellbeing	4	15
41	Health Promotion	4	15
	Specialist units – choose units with a total credit value of at least 60 credits		
2	Sport and Exercise Psychology	4	15
4	Biomechanics for Sport	5	15
5	Research Project	5	20
6	Nutrition for Sport and Exercise	4	15
8	Field-based Fitness Testing for Sport and Exercise	5	15
13	The Sport and Leisure Industry	4	15
18	Sport and Society	4	15
22	Instructing Physical Activity and Exercise	3	10
23	Personal and Professional Development	5	15
24	Employability Skills	5	15
25	Work-based Experience	5	15
26	Injury Prevention and Treatment in Sport and Exercise	4	15
29	Analysis of Sports Performance	5	15
30	Sport and Exercise Massage	4	15
32	Technology in Sport and Exercise	4	15
33	Functional Exercise Physiology	5	15
34	Exercise Prescription	4	15
35	Sport and Exercise for Specific Groups	4	15
37	Sport and Exercise Rehabilitation	5	15

The BTEC Level 4 HNC programme must contain a minimum of 65 credits at level 4.

Structure of the Pearson BTEC Level 5 HND in Sport (Health, Fitness and Exercise)

Unit number	Mandatory core units – all four units must be taken	Unit level	Unit credit
1	Anatomy and Physiology for Sport and Exercise	5	15
5	Research Project	5	20
6	Nutrition for Sport and Exercise	4	15
7	Training and Fitness for Sport and Exercise	4	15
21	Physical Activity, Lifestyle and Wellbeing	4	15
41	Health Promotion	4	15
	Specialist units – choose units with a total credit value of at least 145 credits		
2	Sport and Exercise Psychology	4	15
4	Biomechanics for Sport	5	15
8	Field-based Fitness Testing for Sport and Exercise	5	15
13	The Sport and Leisure Industry	4	15
17	Customer Service	4	15
18	Sport and Society	4	15
22	Instructing Physical Activity and Exercise	3	10
23	Personal and Professional Development	5	15
24	Employability Skills	5	15
25	Work-based Experience	5	15
26	Injury Prevention and Treatment in Sport and Exercise	4	15
29	Analysis of Sports Performance	5	15
30	Sport and Exercise Massage	4	15
32	Technology in Sport and Exercise	4	15
33	Functional Exercise Physiology	5	15
34	Exercise Prescription	4	15
35	Sport and Exercise for Specific Groups	4	15
36	Applied Sport and Exercise Psychology	5	15
37	Sport and Exercise Rehabilitation	5	15
43	Small Business Enterprise	5	15

The BTEC Level 5 HND programme must contain a minimum of 125 credits at level 5.

Structure of the Pearson BTEC Level 4 HNC in Sport (Coaching and Sports Development)

Unit number	Mandatory core units – all four units must be taken	Unit level	Unit credit
10	Applied Sports Coaching	4	15
11	The Evolution of Sports Development	4	15
13	The Sport and Leisure Industry	4	15
	Specialist units – choose units with a total credit value of at least 75 credits		
1	Anatomy and Physiology for Sport and Exercise	5	15
2	Sport and Exercise Psychology	4	15
4	Biomechanics for Sport	5	15
5	Research Project	5	20
6	Nutrition for Sport and Exercise	4	15
7	Training and Fitness for Sport and Exercise	4	15
9	Principles of Sports Coaching	5	15
12	Managing Sports Development	5	15
18	Sport and Society	4	15
21	Physical Activity, Lifestyle and Wellbeing	4	15
23	Personal and Professional Development	5	15
24	Employability Skills	5	15
25	Work-based Experience	5	15
26	Injury Prevention and Treatment in Sport and Exercise	4	15
27	Skill Acquisition in Sport	4	15
29	Analysis of Sports Performance	5	15
30	Sport and Exercise Massage	4	15
35	Sport and Exercise for Specific Groups	4	15
37	Sport and Exercise Rehabilitation	5	15
38	Law and Sport and Leisure Operations	4	15

The BTEC Level 4 HNC programme must contain a minimum of 65 credits at level 4.

Structure of the Pearson BTEC Level 5 HND in Sport (Coaching and Sports Development)

Unit number	Mandatory core units – all six units must be taken	Unit level	Unit credit
5	Research Project	5	20
9	Principles of Sports Coaching	5	15
10	Applied Sports Coaching	4	15
11	The Evolution of Sports Development	4	15
12	Managing Sports Development	5	15
13	The Sport and Leisure Industry	4	15
	Specialist units – choose units with a total credit value of at least 145 credits		
1	Anatomy and Physiology for Sport and Exercise	5	15
2	Sport and Exercise Psychology	4	15
4	Biomechanics for Sport	5	15
6	Nutrition for Sport and Exercise	4	15
7	Training and Fitness for Sport and Exercise	4	15
8	Field-based Fitness Testing for Sport and Exercise	5	15
16	Managing in the Health and Fitness Industry	5	15
17	Customer Service	4	15
18	Sport and Society	4	15
21	Physical Activity, Lifestyle and Wellbeing	4	15
22	Instructing Physical Activity and Exercise	3	10
23	Personal and Professional Development	5	15
24	Employability Skills	5	15
25	Work-based Experience	5	15
26	Injury Prevention and Treatment in Sport and Exercise	4	15
27	Skill Acquisition in Sport	4	15
29	Analysis of Sports Performance	5	15
30	Sport and Exercise Massage	4	15
31	Physical Education	4	15
32	Technology in Sport and Exercise	4	15
35	Sport and Exercise for Specific Groups	4	15

Unit number	Specialist units – choose units with a total credit value of at least 145 credits <i>continued</i>	Unit level	Unit credit
37	Sport and Exercise Rehabilitation	5	15
43	Small Business Enterprise	5	15
44	Managing Resources in Sport and Leisure Management	4	15
45	The Organisation and Control of Sport, Exercise and Fitness	4	15

The BTEC Level 5 HND programme must contain a minimum of credits at level 5.

Structure of the Pearson BTEC Level 4 HNC in Sport (Leisure Management)

Unit number	Mandatory core units – all four units must be taken	Unit level	Unit credit
13	The Sport and Leisure Industry	4	15
14	Marketing Principles	4	15
15	Operating and Managing a Sport and Leisure Facility	4	15
17	Customer Service	4	15
	Specialist units – choose units with a total credit value of at least 60 credits		
5	Research Project	5	20
10	Applied Sports Coaching	4	15
11	The Evolution of Sports Development	4	15
16	Managing in the Health and Fitness Industry	5	15
21	Physical Activity, Lifestyle and Wellbeing	4	15
22	Instructing Physical Activity and Exercise	3	10
23	Personal and Professional Development	5	15
24	Employability Skills	5	15
25	Work-based Experience	5	15
26	Injury Prevention and Treatment in Sport and Exercise	4	15
38	Law and Sport and Leisure Operations	4	15
39	The Entertainment Industry and Venue Management	5	15
40	Event Management in Sport and Leisure	5	15
42	Managing Human Resources	4	15
44	Managing Resources in Sport and Leisure Management	4	15
45	The Organisation and Control of Sport, Exercise and Fitness	4	15
46	The Developing Manager	5	15
47	Employment Law	5	15

The BTEC Level 4 HNC programme must contain a minimum of 65 credits at level 4.

Structure of the Pearson BTEC Level 5 HND in Sport (Leisure Management)

Unit number	Mandatory core units – all six units must be taken	Unit level	Unit credit
5	Research Project	5	20
13	The Sport and Leisure Industry	4	15
14	Marketing Principles	4	15
15	Operating and Managing a Sport and Leisure Facility	4	15
16	Managing in the Health and Fitness Industry	5	15
17	Customer Service	4	15
	Specialist units – choose units with a total credit value of at least 145 credits		
1	Anatomy and Physiology for Sport and Exercise	4	15
9	Principles of Sports Coaching	5	15
10	Applied Sports Coaching	4	15
11	The Evolution of Sports Development	4	15
12	Managing Sports Development	5	15
21	Physical Activity, Lifestyle and Wellbeing	4	15
22	Instructing Physical Activity and Exercise	3	10
23	Personal and Professional Development	5	15
24	Employability Skills	5	15
25	Work-based Experience	5	15
26	Injury Prevention and Treatment in Sport and Exercise	4	15
34	Exercise Prescription	4	15
38	Law and Sport and Leisure Operations	4	15
39	The Entertainment Industry and Venue Management	5	15
40	Event Management in Sport and Leisure	5	15
41	Health Promotion	4	15
42	Managing Human Resources	4	15
44	Managing Resources in Sport and Leisure Management	4	15
45	The Organisation and Control of Sport, Exercise and Fitness	4	15

Unit number	Specialist units – choose units with a total credit value of at least 145 credits <i>continued</i>	Unit level	Unit credit
46	The Developing Manager	5	15
47	Employment Law	5	15

The BTEC Level 5 HND programme must contain a minimum of 125 credits at level 5.

Key features

BTEC Higher Nationals are designed to provide a specialist vocational programme, linked to professional body requirements and National Occupational Standards where appropriate.

They offer a strong, sector-related emphasis on practical skills development alongside the development of requisite knowledge and understanding.

The qualifications provide a thorough grounding in the key concepts and practical skills required in their sector and their national recognition by employers allows direct progression to employment.

A key progression path for BTEC HNC and HND learners is to the second or third year of a degree or honours degree programme, depending on the match of the BTEC Higher National units to the degree programme in question.

The Pearson BTEC HNC and HND in Sport and in Sport and Exercise Sciences offer a progression route to professional membership of the Chartered Institute for the Management of Sport and Physical Activity.

Pearson BTEC Higher Nationals in Sport and in Sport and Exercise Sciences have been developed to focus on:

- providing education and training for a range of careers in the sector
- the education and training of those who are employed, or aspire to be employed, in a variety of types of work, such as in performance analysis, nutrition for sport and exercise, sports development, sports coaching, education, research and development etc
- opportunities for learners to gain a nationally-recognised vocationally-specific qualification to enter employment in the sector or progress to higher education qualifications such as a full-time degree in a related area
- an understanding of the roles of those working in the sector within the department in which they work, including how their role and that of their department fits within the overall structure of their organisation and within the community
- opportunities for learners to focus on the development of the higher level skills in sport, sport and exercise sciences and related areas
- opportunities for learners to develop a range of skills and techniques and attributes essential for successful performance in working life.
- the development of learners' knowledge, understanding and skills in the field of sport, sport and exercise sciences and related areas
- opportunities for learners to develop a range of skills, techniques and attributes essential for successful performance in working life.

Progression from the BTEC Level 4 HNC

The Pearson BTEC Level 4 HNCs in Sport and in Sport and Exercise Sciences provide a specialist work-related programme of study that covers the key knowledge, understanding and practical skills required in the Sport, Leisure and Recreation sector and also offers particular specialist emphasis through the choice of specialist units.

BTEC Level 4 HNCs provide a nationally recognised qualification offering career progression and professional development for those already in employment and opportunities to progress into higher education. The qualifications are primarily undertaken by part-time learners studying over two years. In some sectors there are opportunities for those wishing to complete an intensive programme of study in a shorter period of time.

This specification gives centres a framework to develop engaging programmes for higher education learners who are clear about the area of employment that they wish to enter.

The Pearson BTEC Level 4 HNCs in Sport and in Sport and Exercise Sciences offer a progression route for learners who are employed in the Sport, Leisure and Recreation industry.

Progression from the BTEC Level 5 HND

The BTEC Level 5 HND provides greater breadth and specialisation than the BTEC Level 4 HNC. BTEC HNDs are followed predominately by full-time learners. They allow progression into or within employment in the Sport, Leisure and Recreation sector, either directly on achievement of the award or following further study to degree level.

The Pearson BTEC Level 5 HNDs in Sport and in Sport and Exercise Sciences provide opportunities for learners to apply their knowledge and practical skills in the workplace. Full-time learners have the opportunity to do this through formal work placements or part-time employment experience.

The qualification prepares learners for employment in the Sport, Leisure and Recreation sector and will be suitable for learners who have already decided that they wish to enter this area of work. Some adult learners may wish to make the commitment required by this qualification in order to enter a specialist area of employment in Sport, Leisure and Recreation or progress into higher education. Other learners may want to extend the specialism that they followed on the BTEC Level 4 HNC programme.

Progression from this qualification may well be into or within employment in the Sport, Leisure and Recreation sector where learners may work towards membership of The Institute for Sport, Parks and Leisure (ISPAL) and/or The Institute of Sport and Recreation Management (ISRM).

The Pearson BTEC Level 5 HNDs in Sport and in Sport and Exercise Sciences offer a progression route for learners who are studying sport or sport and exercise sciences in higher education or are undertaking a programme of study that includes aspects of these subjects.

Professional body recognition

The Pearson BTEC Higher Nationals in Sport and in Sport and Exercise Sciences have been developed with career progression and recognition by professional bodies in mind. It is essential that learners gain the maximum benefit from their programme of study.

Learners for the learning programmes below will be eligible to apply for student membership of The Chartered Institute for Sport Management and Physical Activity (CIMSPA):

- BTEC Level 4 HNC Diploma in Sport
- BTEC Level 4 HNC Diploma in Sport and Exercise Science
- BTEC Level 5 HNC Diploma in Sport
- BTEC Level 5 HNC Diploma in Sport and Exercise Science

Details of how to apply for student membership of CIMSPA, and the benefits of membership, can be found on the CIMSPA website: www.CIMSPA.co.uk.

National Occupational Standards

Pearson BTEC Higher Nationals in Sport and in Sport and Exercise Sciences are designed to relate to the National Occupational Standards in the Sport, Leisure and Recreation sector at levels 2, 3 and 4, which in turn form the basis of the Sport, Leisure and Recreation National Vocational Qualifications (NVQs). BTEC Higher Nationals do not purport to deliver occupational competence in the sector, which should be demonstrated in a work context. However, the qualifications provide underpinning knowledge for the National Occupational Standards, as well as developing practical skills in preparation for work and possible achievement of NVQs in due course.

Annexe B contains mapping of the Higher National units in this specification against relevant Level 4 NVQs where appropriate.

Qualification Frameworks for Higher National Diplomas

In England, Wales and Northern Ireland, BTEC HNC and HND Diplomas may either be awarded by degree-awarding bodies under a licence from Pearson (which allows them to devise, deliver and award Higher National qualifications themselves), or they may be awarded directly by Pearson, as an awarding body regulated by Ofqual. The majority of BTEC HNC and HND Diplomas are awarded by Pearson. Only those HNC and HND Diplomas that are awarded by degree-awarding bodies are included on the Framework for Higher Education Qualifications (FHEQ) (because this framework comprises qualifications awarded by degree-awarding bodies.) BTEC HNC and HND Diplomas awarded directly by Pearson are qualifications at Level 4 and Level 5 on the Regulated Qualifications Framework and are subject to the academic standards and regulations of Pearson.

Level descriptors have been used to describe the relative intellectual demand, complexity, depth of learning and learner autonomy associated with the level 4 or 5 level of learning and achievement.

QAA subject and qualification benchmark statements have also been used to provide points of reference for each level.

Employers and higher education providers can expect that typical learners studying for the Pearson BTEC Higher Nationals in Sport and in Sport and Exercise Sciences should have developed certain higher level skills and abilities and studied a mandatory curriculum and selected optional specialist units. This detail is contained in the 'Qualification Requirements' in *Annexe A* of this specification.

Teaching, learning and assessment

Learners must achieve a minimum of 120 credits (of which at least 65 must be at level 4) on their programme of learning to be awarded a BTEC Level 4 HNC and a minimum of 240 credits (of which at least 125 must be at level 5 or above) to be awarded a BTEC Level 5 HND.

The assessment of BTEC Higher National qualifications is criterion-referenced and centres are required to assess learners' evidence against published learning outcomes and assessment criteria.

All units will be individually graded as 'pass', 'merit' or 'distinction'. To achieve a pass grade for the unit learners must meet the assessment criteria set out in the specifications. This gives transparency to the assessment process and provides for the establishment of national standards for each qualification.

The units in BTEC Higher National qualifications all have a standard format which is designed to provide guidance on the requirements of the qualification for learners, assessors and those responsible for monitoring national standards.

Unit format

Each unit is set out in the following way.

Unit title, unit code and credit value

Each unit is assigned a level, indicating the relative intellectual demand, complexity and depth of study, and learner autonomy. All units and qualifications within the RQF have a level assigned to them, which represents the level of achievement. There are nine levels of achievement, from Entry level to level 8. The level of the unit has been informed by the level descriptors and, where appropriate, the National Occupational Standards (NOS) and/or other sector/professional benchmarks.

Each unit in BTEC Higher National qualifications has a credit value which specifies the number of credits that will be awarded to a learner who has achieved all the learning outcomes of the unit. Learners will be awarded credits for the successful completion of whole units.

Aim

The aim provides a clear summary of the purpose of the unit and is a succinct statement that summarises the learning outcomes of the unit.

Unit abstract

The unit abstract gives the reader an appreciation of the unit in the vocational setting of the qualification, as well as highlighting the focus of the unit. It gives the reader a snapshot of the unit and the key knowledge, skills and understanding gained while studying the unit. The unit abstract also highlights any links to the appropriate vocational sector by describing how the unit relates to that sector.

Learning outcomes

The learning outcomes identify what each learner must do in order to pass the unit. Learning outcomes state exactly what a learner should 'know, understand or be able to do' as a result of completing the unit. Learners must achieve all the learning outcomes in order to pass the unit.

Unit content

The unit content identifies the breadth of knowledge, skills and understanding needed to design and deliver a programme of learning to achieve each of the learning outcomes. This is informed by the underpinning knowledge and understanding requirements of relevant National Occupational Standards (NOS) where appropriate.

Each learning outcome is stated in full and then the key phrases or concepts related to that learning outcome are listed in italics followed by the subsequent range of related topics.

The information below shows how unit content is structured and gives the terminology used to explain the different components within the content.

- Learning outcome: this is given in bold at the beginning of each section of content.
- Italicised sub-heading: it contains a key phrase or concept. This is content which must be covered in the delivery of the unit. Colons mark the end of an italicised sub-heading.
- Elements of content: the elements are in roman text and amplify the sub-heading. The elements must also be covered in the delivery of the unit. Semi-colons mark the end of an element.
- Brackets contain amplification of elements of content which must be covered in the delivery of the unit.
- 'e.g.' is a list of examples used for indicative amplification of an element (that is, the content specified in this amplification that could be covered or that could be replaced by other, similar material).

It is not a requirement of the unit specification that all of the content is assessed.

Learning outcomes and assessment criteria

Each unit contains statements of the evidence that each learner should produce in order to receive a pass.

Guidance

This section provides additional guidance and amplification related to the unit to support tutors/deliverers and assessors. Its subsections are given below.

- *Links* – sets out possible links between units within the specification. Provides opportunities for the integration of learning, delivery and assessment. Links to relevant National Occupational Standards and Professional Bodies Standards will be highlighted here.
- *Essential requirements* – essential, unique physical and/or staffing resources or delivery/assessment requirements needed for the delivery of this unit are specified here.

- *Employer engagement and vocational contexts* – this is an optional section. Where relevant it offers suggestions for employer contact to enhance the delivery of the unit.

These subsections should be read in conjunction with the learning outcomes, unit content, assessment criteria and the generic grade descriptors.

The centre will be asked to ensure that essential resources are in place when it seeks approval from Pearson to offer the qualification.

Learning and assessment

The purpose of assessment is to ensure that effective learning has taken place of the content of each unit. Evidence of this learning, or the application of the learning, is required for each unit. The assessment of the evidence relates directly to the assessment criteria for each unit, supported by the generic grade descriptors.

The process of assessment can aid effective learning by seeking and interpreting evidence to decide the stage that learners have reached in their learning, what further learning needs to take place and how best to do this. Therefore, the process of assessment should be part of the effective planning of teaching and learning by providing opportunities for both the learner and assessor to obtain information about progress towards learning goals.

The assessor and learner must be actively engaged in promoting a common understanding of the assessment criteria and the grade descriptors (what it is they are trying to achieve and how well they achieve it) for further learning to take place. Therefore, learners need constructive feedback and guidance about how they may improve by capitalising on their strengths and clear and constructive comments about their weaknesses and how these might be addressed.

Assessment instruments are constructed within centres. They should collectively ensure coverage of all assessment criteria within each unit and should provide opportunities for the evidencing of all the grade descriptors.

It is advised that assessment criteria and contextualised grade descriptors are clearly indicated on each assessment instrument to provide a focus for learners (for transparency and to ensure that feedback is specific to the criteria) and to assist with internal standardisation processes. Tasks/activities should enable learners to produce evidence that relates directly to the assessment criteria and grade descriptors.

When centres are designing assessment instruments, they need to ensure that the instruments are valid, reliable and fit for purpose, building on the application of the assessment criteria. Centres are encouraged to place emphasis on practical application of the assessment criteria, providing a realistic scenario for learners to adopt, making maximum use of work-related practical experience and reflecting typical practice in the sector concerned. **The creation of assessment instruments that are fit for purpose is vital to achievement.**

Grading Higher National units

The grading of BTEC Higher National qualifications is at the unit and the qualification level.

Each successfully completed unit will be graded as a pass, merit or distinction.

A pass is awarded for the achievement of all outcomes against the specified assessment criteria.

Merit and distinction grades are awarded for higher-level achievement. The generic merit and distinction grade descriptors listed in *Annexe C* are for grading the total evidence produced for each unit and describe the learner's performance over and above that for a pass grade.

Each of the generic merit and distinction grade descriptors should be amplified by use of **indicative characteristics** which exemplify the merit and distinction grade descriptors. These give a guide to the expected learner performance, and support the generic grade descriptors. The indicative characteristics should reflect the nature of a unit and the context of the sector programme.

The indicative characteristics shown in the table for each of the generic grade descriptors in *Annexe C* **are not exhaustive**. Consequently, centres should select appropriate characteristics from the list **or construct others** that are appropriate for their sector programme and level.

It is important to note that each assessment activity does not need to incorporate all the merit and/or distinction grade descriptors.

Contextualising the generic grade descriptors

The generic merit and distinction grade descriptors need to be viewed as a qualitative extension of the assessment criteria for pass within each individual unit. The relevant generic grade descriptors must be identified and specified within an assignment and the relevant indicative characteristics should be used to place the required evidence in context.

Additional guidance on contextualisation of grade descriptors can be found in HN Delivery Guides on the website.

Summary of grades

In order to achieve a pass in a unit	<ul style="list-style-type: none">all learning outcomes and associated assessment criteria have been met
In order to achieve a merit in a unit	<ul style="list-style-type: none">pass requirements achievedall merit grade descriptors achieved and all prescribed indicative characteristics.
In order to achieve a distinction in a unit	<ul style="list-style-type: none">pass and merit requirements achievedall distinction grade descriptors achieved and all prescribed indicative characteristics.

Calculation of the qualification grade

Pass qualification grade

Learners who achieve the minimum eligible credit value specified by the rule of combination will achieve the qualification at a pass grade (see section *Rules of combination for the BTEC Level 4 and 5 Higher National qualifications*). The Rules of combination have been summarised below:

BTEC HNC Diplomas

To achieve the qualification a learner must:

- achieve at least 120 credits at or above the level of the qualification (a maximum of 55 credits may be at Level 5)
- achieve a minimum of 65 credits at Level 4
- complete a valid combination of units.

BTEC HND Diplomas

To achieve the qualification a learner must:

- achieve at least 240 credits at or above the level of the qualification
- achieve a minimum of 125 credits at Level 5 or above.

The best valid combination of units is used to calculate the overall grade, e.g. if a learner has completed more than the minimum number of optional units at the appropriate level the best performance from these will be used.

All learners will receive a Notification of Performance showing all unit grades whether or not they were included in the calculation for the overall grade.

Qualification grades above pass grade

BTEC HNC Diplomas

Calculation of the BTEC HNC qualification grade is based on the learner's best performance in units at or above the level of the qualification to the value of 75 credits:

- The best 75 credits must come from a maximum of 120 credits as a valid rule of combination
- The units from which the best 75 credits are selected come from the whole qualification including the mandatory core credit.

This means that credit from some mandatory core units is likely to form part of the best 75 credits in most programmes (the mandatory core credit units will automatically be included in the calculation once the maximum amount of credit for optional specialist units for the rule of combination is used up.)

It is the responsibility of a centre to ensure that a correct unit combination is adhered to.

Qualification grades

Learners will be awarded a pass, merit or distinction qualification grade using the points gained through the 75 best credits based on unit achievement.

Unit credit points available for specified unit grades, for either Level 4 or Level 5 units

Unit points per credit		
Pass	Merit	Distinction
0	1	2
Example for level 4 or level 5 unit of 15 credits		
Pass	Merit	Distinction
0	15	30

BTEC Level 4 HNC overall qualification grades

Points range	Grade	
0-74	Pass	P
75-149	Merit	M
150	Distinction	D

BTEC HND Diplomas

The grade achieved in units from an appropriate HNC may contribute to an HND grade.

If a learner moves from HNC to HND, credits at Level 5 or above from both the HNC and HND can contribute to the best 75 credits of the overall HND grade. Note that for HND learners, level 4 units do not count towards the qualification grade.

Calculation of the BTEC HND qualification grade is based on the learner's best performance in units at or above the level of the qualification – i.e. **only units at level 5** can be counted towards the value of 75 credits:

- The best 75 credits must come from a maximum of 240 credits as a valid rule of combination
- The units from which the 75 best credits are selected come from the whole qualification including the mandatory core credit, but must be level 5 units or above.

This means that credit from some mandatory core units is likely to form part of the best 75 credits in most programmes (the mandatory core credit units will automatically be included in the calculation once the maximum amount of credit for optional specialist units for the rule of combination is used up.)

It is the responsibility of a centre to ensure that a correct unit combination is adhered to.

Qualification grades

Learners will be awarded a pass, merit or distinction qualification grade using the points gained through the 75 best credits based on unit achievement.

Unit credit points for specified unit grades at Level 5 only

Unit points per credit		
Pass	Merit	Distinction
0	1	2

BTEC Level 5 HND overall qualification grades

Points range	Grade	
0–74	Pass	P
75–149	Merit	M
150	Distinction	D

Annexe E gives examples of how qualification grades are calculated.

Recognition of Prior Learning

Recognition of Prior Learning (RPL) is a method of assessment (leading to the award of credit) that considers whether a learner can demonstrate that they can meet the assessment requirements for a unit through knowledge, understanding or skills they already possess and so do not need to develop through a course of learning.

Pearson encourages centres to recognise learners' previous achievements and experiences whether at work, home and at leisure, as well as in the classroom. RPL provides a route for the recognition of the achievements resulting from continuous learning.

RPL enables recognition of achievement from a range of activities using any valid assessment methodology. Provided that the assessment requirements of a given unit or qualification have been met, the use of RPL is acceptable for accrediting a unit, units or a whole qualification. Evidence of learning must be valid and reliable.

For full guidance about Pearson's policy on RPL, please see our *Recognition of Prior Learning Policy and Process* on our website.

Quality assurance of BTEC Higher Nationals

Pearson's quality assurance system for all BTEC higher-level programmes at Levels 4–7 will ensure that centres have effective quality assurance processes to review programme delivery. It will also ensure that the outcomes of assessment are to national standards.

The quality assurance process for centres offering BTEC higher-level programmes at Levels 4–7 comprises three key components.

1) Approval process

Centres new to the delivery of this programme will be required to seek approval through the existing qualification and centre approval process. Prior to approval being given, centres will be required to submit evidence to demonstrate that they:

- have the human and physical resources required for effective delivery and assessment
- understand the implications for independent assessment and agree to abide by these
- have a robust internal assessment system supported by 'fit for purpose' assessment documentation
- have a system to internally verify assessment decisions, to ensure standardised assessment decisions are made across all assessors and sites.

Such applications have to be supported by the head of the centre (principal, chief executive etc) and include a declaration that the centre will operate the programmes strictly as approved and in line with Pearson requirements.

2) Monitoring of internal centre systems

Centres will be required to demonstrate ongoing fulfilment of the centre approval criteria over time and across all programmes. The process that assures this is external examination, which is undertaken by External Examiners. Centres will be given the opportunity to present evidence of the ongoing suitability and deployment of their systems to carry out the required functions. This includes the consistent application of policies affecting learner registrations, appeals, effective internal examination and standardisation processes. Where appropriate, centres may present evidence of their operation within a recognised code of practice, such as that of the Quality Assurance Agency for Higher Education. Pearson reserves the right to confirm independently that these arrangements are operating to Pearson's satisfaction.

Pearson will affirm, or not, the ongoing effectiveness of such systems. Where system failures are identified, sanctions (appropriate to the nature of the problem) will be applied in order to assist the centre in correcting the problem.

3) Independent assessment review

The internal assessment outcomes reached for all BTEC higher-level programmes at Levels 4-7 are subject to an independent assessment review by a Pearson-appointed External Examiner.

The outcomes of this process will be to:

- confirm that internal assessment is to national standards and allow certification
- or

- make recommendations to improve the quality of assessment outcomes before certification is released

or

- make recommendations about the centre's ability to continue to be approved for the qualifications in question.

Additional arrangement for ALL centres

Regardless of the type of centre, Pearson reserves the right to withdraw either qualification or centre approval when it deems there is an irreversible breakdown in the centre's ability either to quality assure its programme delivery or its assessment standards.

Programme design and delivery

The BTEC Higher National Certificate (HNC) is a Level 4 qualification made up of 120 credits. It is usually studied full-time over one year, or part-time over two years.

The BTEC Higher National Diploma (HND) is a Level 4 and Level 5 qualification made up of 240 credits. It is usually studied full-time over two years, or part-time over four years.

Pearson would expect that an HND student would have achieved at least 90 credits at Level 4 before progressing to Level 5 units. This allows for the students to submit the remaining 30 credits at Level 4 while undertaking their Level 5 study.

Students undertaking an HND who fail to successfully complete the full qualification may be awarded an HNC, if their credit achievement permits.

BTEC Higher Nationals consist of mandatory core units and specialist units. The specialist units are designed to provide a specific focus to the qualification. Required combinations of specialist units are clearly set out in relation each qualification in the defined structures provided in this document.

All units are usually 15 credits in value, or a multiple thereof. These units have been designed from a learning time perspective, and are expressed in terms of **Total Qualification Time (TQT)**. TQT is an estimate of the total amount of time that could reasonably be expected to be required for a student to achieve and demonstrate the achievement of the level of attainment necessary for the award of a qualification. TQT includes undertaking each of the activities of Guided Learning, Directed Learning and Invigilated Assessment. Each 15-credit unit approximates to a TQT of 150 hours and 60 hours of Guided Learning. This value has been allocated according to input from curriculum writers.

Total Qualification Time Higher National Certificate (HNC) = 1,200 hours

Total Qualification Time Higher National Diploma (HND) = 2,400 hours

Examples of activities which can contribute to Total Qualification Time include:

- Guided Learning
- Independent and unsupervised research/learning
- Unsupervised compilation of a portfolio of work experience
- Unsupervised e-learning
- Unsupervised e-assessment
- Unsupervised coursework
- Watching a pre-recorded podcast or webinar
- Unsupervised work-based learning.

Guided Learning Hours (GLH) are defined as the time when a tutor is present to give specific guidance towards the learning aim being studied on a programme. This definition includes lectures, tutorials and supervised study in, for example, open learning centres and learning workshops. Guided Learning includes any supervised assessment activity; this includes invigilated examination and observed assessment and observed work-based practice.

Total Guided Learning (GL) Higher National Certificate (HNC) = 480 hours

Total Guided Learning (GL) Higher National Diploma (HND) = 960 hours

Some examples of activities which can contribute to Guided Learning include:

- Classroom-based learning supervised by a tutor
- Work-based learning supervised by a tutor
- Live webinar or telephone tutorial with a tutor in real time
- E-learning supervised by a tutor in real time
- All forms of assessment which take place under the immediate guidance or supervision of a tutor or other appropriate provider of education or training, including where the assessment is competence-based and may be turned into a learning opportunity.

Centres are advised to consider these definitions when planning the programme of study associated with this specification.

Annexe D provides information for centres and learners who wish to compare, for teaching and learning purposes, the units of the Pearson Level 5 BTEC Higher Nationals in Sport and Exercise Sciences (2003) with the units in this specification.

Mode of delivery

Pearson does not define the mode of study for the BTEC Higher National qualifications. Centres are free to offer the qualification(s) using any mode of delivery that meets the needs of their learners. This may be through traditional classroom teaching, open learning, distance learning or a combination of these. Whatever mode of delivery is used, centres must ensure that learners have appropriate access to the resources identified in the specification and to the subject specialists delivering the units. This is particularly important for learners studying for the qualification through open or distance learning.

Our 'Distance Learning' and 'Distance Assessment' policies are given on our website.

Learners studying for the qualification on a part-time basis bring with them a wealth of experience that should be utilised to maximum effect by tutors and assessors. Assessment instruments based on learners' work environments should be encouraged. Those planning the programme should aim to enhance the vocational nature of the BTEC Higher National qualification by:

- liaising with employers to ensure that the course is relevant to learners' specific needs
- accessing and using non-confidential data and documents from learners' workplaces
- including sponsoring employers in the delivery of the programme and, where appropriate, in the assessment
- linking with company-based/workplace training programmes
- making full use of the variety of experiences of work and life that learners bring to the programme.

Resources

BTEC Higher National qualifications are designed to prepare learners for employment in specific industry sectors.

Physical resources need to support the delivery of the programme and the proper assessment of the outcomes and, therefore, should normally be of industry standard.

Staff delivering programmes and conducting the assessments should be familiar with current practice, legislation and standards used in the sector concerned.

Centres will need to meet any specialist resource requirements when they seek approval from Pearson.

Please refer to the *Essential requirements* section in individual units for specialist resource requirements.

Delivery approach

It is important that centres develop an approach to teaching and learning that supports the specialist vocational nature of the BTEC Higher National qualification. Specifications contain a balance of practical skill development and knowledge requirements, some of which can be theoretical in nature. Tutors and assessors need to ensure that appropriate links are made between theory and practice and that the knowledge base is applied to the sector. This will require the development of relevant and up-to-date teaching materials that allow learners to apply their learning to actual events and activities within the sector. Maximum use should be made of the learner's experience.

Meeting local needs

Centres should note that the qualifications set out in these specifications have been developed in consultation with centres, employers and relevant professional organisations.

The units are designed to meet the skill needs of the sector and the specialist units allow coverage of the full range of employment within the sector. Centres should make maximum use of the choice available to them within the specialist units to meet the needs of their learners, as well as the local skills and training needs.

Where centres identify a specific need that cannot be addressed using the units in this specification, centres can seek approval from Pearson to use units from other BTEC Higher National qualifications accredited in 2010. Centres will need to justify the need for importing units from other specifications and Pearson will ensure that the vocational focus of the qualification remains the same.

Applications must be made **in advance** of delivery by 31 January in the year of registration (see the website for details).

The flexibility to import standard units from other BTEC Higher National specifications accredited in 2010 is **limited to a maximum of 30 credits in a BTEC HNC qualification and a maximum of 60 credits only in any BTEC HND qualification**. This is an overall maximum and centres should check the 'Rules of Combination' information for the specific qualification to confirm the actual requirements. These units cannot be used at the expense of the mandatory core units in any qualification nor can the qualification rules of combination level rules be compromised. The centre must ensure that approved units are used only in eligible combinations.

Access and recruitment

Pearson's policy regarding access to our qualifications is that:

- qualifications should be available to everyone who is capable of reaching the required standards
- qualifications should be free from any barriers that restrict access and progression
- there must be equal opportunities for everyone wishing to access the qualification.

Centres are required to recruit learners to BTEC Higher National qualifications with integrity. This will include ensuring that applicants have appropriate information and advice about the qualifications and that the qualification will meet their needs. Centres should take appropriate steps to assess each applicant's potential and make a professional judgement about their ability to successfully complete the programme of study and achieve the qualification. This assessment will need to take account of the support available to the learner within the centre during their programme of study and any specific support that might be necessary to allow the learner to access the assessment for the qualification.

Centres will need to review the profile of qualifications and/or experience held by applicants, considering whether this profile shows an ability to progress to level 4 or level 5 qualifications. For learners who have recently been in education, the entry profile is likely to include one of the following:

- a BTEC Level 3 qualification in *Sport* or *Sport and Exercise Sciences*
- a GCE level profile that demonstrates strong performance in a relevant subject or an adequate performance in more than one GCE subject. This profile is likely to be supported by GCSE grades at A* to C
- other related level 3 qualifications
- an Access to Higher Education Certificate received from an approved further education institution
- related work experience.

Mature learners may present a more varied profile of achievement that is likely to include extensive work experience (paid and/or unpaid) and/or achievement of a range of professional qualifications in their work sector.

Restrictions on learner entry

BTEC Higher National qualifications are accredited on the RQF for learners aged 18 years and over.

Equality Act 2010 and Pearson equality policy

Equality and fairness are central to our work. Our equality policy requires all learners to have equal opportunity to access our qualifications and assessments, and our qualifications are required to be awarded in a way that is fair to every learner.

We are committed to making sure that:

- learners with a protected characteristic (as defined by the Equality Act 2010) are not, when they are undertaking one of qualifications, disadvantaged in comparison with learners who do not share that characteristic
- all learners achieve the recognition they deserve for undertaking a qualification and that this achievement can be compared fairly to the achievement of their peers.

You can find details on how to make adjustments for learners with protected characteristics in the policy document *Access Arrangements, Reasonable Adjustments and Special Considerations*, available on our website.

An adjustment may not be considered reasonable if it involves unreasonable costs and/or timeframes or affects the security or integrity of the assessment.

There is no duty on awarding organisations to make any adjustment to the Assessment Objectives being tested in an assessment.

English language expectations

Centres delivering BTEC level 4 to 7 programmes are expected to ensure that all learners who are non-native English speakers or who have not studied the final two years of school in English, can demonstrate capability in English at a standard commensurate with:

- IELTS 5.5, with a minimum of 5.0 being awarded on individual sections for a level 4 or 5 qualification
- IELTS 6.5 for a level 6 or 7 qualification

Pearson's Standard Verifiers (EE) will expect centres to demonstrate that their learners meet these expectations.

Professional body contact details

The Institute for the Management of Sport and Physical Activity
Sport Park
Loughborough University
3 Oakwood Drive
Loughborough
LE11 3QF

Telephone: +44 (0)1509 226474

Website: www.cimspa.co.uk

Professional development and training

Pearson supports UK and international customers with training related to BTEC qualifications. This support is available through a choice of training options offered on our website at: qualifications.pearson.com/en/support/training-from-pearson-uk

The support we offer focuses on a range of issues, such as:

- planning for the delivery of a new programme
- planning for assessment and grading
- developing effective assignments
- building your team and teamwork skills
- developing learner-centred learning and teaching approaches
- building in effective and efficient quality assurance systems.

The national programme of training we offer is on our website. You can request centre-based training through the website or you can contact one of our advisers in the Training from Pearson UK team via Customer Services to discuss your training needs.

BTEC training and support for the lifetime of the qualifications

Training and networks: our training programme ranges from free introductory events through sector-specific opportunities to detailed training on all aspects of delivery, assignments and assessment. We also host some regional network events to allow you to share your experiences, ideas and best practice with other BTEC colleagues in your region.

Regional support: our team of Curriculum Development Managers and Curriculum Support Consultants, based around the country, are responsible for providing advice and support in centres. They can help you with planning and curriculum developments.

To get in touch with our dedicated support teams please visit our website qualifications.pearson.com/en/support/contact-us

Annexe A

Qualification Requirements

Rationale

Pearson BTEC Higher Nationals in Sport and in Sport and Exercise Sciences have been developed to focus on:

- providing education and training for a range of careers in the sector
- the education and training of those who are employed, or aspire to be employed, in a variety of types of work, such as in performance analysis, nutrition for sport and exercise, sports development, sports coaching, education, research and development etc
- opportunities for learners to gain a nationally-recognised vocationally-specific qualification to enter employment in the sector or progress to higher education qualifications such as a full-time degree in a related area
- an understanding of the roles of those working in the sector within the department in which they work, including how their role and that of their department fits within the overall structure of their organisation and within the community
- opportunities for learners to focus on the development of the higher level skills in sport, sport and exercise sciences and related areas
- opportunities for learners to develop a range of skills and techniques and attributes essential for successful performance in working life.
- the development of learners' knowledge, understanding and skills in the field of sport, sport and exercise sciences and related areas
- opportunities for learners to develop a range of skills, techniques and attributes essential for successful performance in working life.

Aims of the qualification

These qualifications meet the needs of the above rationale by:

- equipping individuals with knowledge, understanding and skills for success in employment in the sport, sport and exercise sciences and related industries
- enabling progression to an undergraduate degree or further professional qualification in sport, sport and exercise sciences or related areas
- providing opportunities for specialist study relevant to individual vocations and contexts
- developing the individual's ability to make an immediate contribution to employment in the industry, through effective use and combination of the knowledge and skills gained in different parts of the programme
- developing a range of skills and techniques, personal qualities and attributes essential for successful performance in working life and thereby enabling learners to make an immediate contribution to employment

- providing flexibility, knowledge, skills and motivation as a basis for future studies and career development – an educational foundation for a range of careers in the sport, sport and exercise sciences and related industries.

Mandatory curriculum for the Pearson BTEC Level 4 and 5 HNC/D Diplomas in Sport and Exercise Sciences

Human anatomy – develop knowledge and understanding of the four main body systems (cardiovascular, respiratory, muscular and skeletal), including their structures and functions.

Sport and exercise physiology – develop knowledge and understanding of the long and short term responses of the main body systems to exercise, along with other physiological aspects such as energy systems, and the nervous and endocrine systems.

Psychology – develop an understanding of areas of sport and exercise psychology such as motivation, arousal, anxiety and stress, and their relationships with sport and exercise, such as sports performance and exercise adherence

Fitness testing and training – develop knowledge, understanding and skills relating to fitness testing and training. This includes knowledge and understanding of the principles of training, and methods of fitness testing, and the ability to plan and carry out fitness tests and devise and implement training programmes.

Research skills – develop knowledge, understanding and skills required to undertake research in selected topics in sport and/or exercise sciences, in order to complete research projects, including generic and sector specific methods

Optional curriculum for the Pearson BTEC Level 4 and 5 HNC/D Diplomas in Sport and Exercise Sciences

Nutrition for sport and exercise – develop knowledge, understanding and skills relating to micro-nutrients and macro-nutrients, the nutritional requirements of different activities, and nutritional strategies

Sport and society – develop knowledge and understanding of the provision of sports activities, and how participation can address social issues such as disaffected youth and crime, as well as how participation is influenced and how it can be increased

Laboratory and experimental methods – develop knowledge, understanding and skills relating to laboratory and experimental methods in sport and exercise sciences, including health, safety and ethical considerations

Lifestyle and wellbeing – develop knowledge and understanding of the relationship between physical activity, lifestyle and wellbeing, and how wellbeing can be affected by stress, smoking and alcohol consumption

Physical activity and exercise – develop knowledge, understanding and skills relating to the instruction of physical activity and exercise, as well as the specific considerations of exercise for different client groups, including exercise prescription and exercise for children, older adults, ante- and post-natal women, people with disabilities and people with medical conditions

Injury prevention, treatment and rehabilitation – develop knowledge, understanding and skills relating to injuries that are common in sport and exercise and how they can be prevented and if necessary, treated, and the use of rehabilitation programmes

Sports coaching – develop knowledge, understanding and skills required to coach and lead sports performance including aspects such as how skill is acquired, the analysis of performance and biomechanics

Education – develop knowledge and understanding relating to the teaching of subjects such as physical education and sport and exercise sciences, including aspects such as the national curriculum and the role and influence of different agencies

Technology – develop knowledge and understanding of the relationship between technology and sport and exercise, including historical aspects, the positive and negative effects of technology and future implications of technology for sport and exercise

Massage – develop knowledge and understanding relating to sport and exercise massage, including aspects such as professional ethics, and skills required to apply sport and exercise massage techniques

Mandatory curriculum for the Pearson BTEC Level 4 and 5 HNC/D Diplomas in Sport

Human anatomy – develop knowledge and understanding of the four main body systems (cardiovascular, respiratory, muscular and skeletal), including their structures and functions.

Sport and exercise physiology – develop knowledge and understanding of the long and short term responses of the main body systems to exercise, along with other physiological aspects such as energy systems, and the nervous and endocrine systems.

Fitness testing and training – develop knowledge, understanding and skills relating to fitness testing and training. This includes knowledge and understanding of the principles of training, and methods of fitness testing, and the ability to plan and carry out fitness tests and devise and implement training programmes.

Lifestyle and wellbeing – develop knowledge and understanding of the relationship between physical activity, lifestyle and wellbeing, and how wellbeing can be affected by stress, smoking and alcohol consumption

Nutrition for sport and exercise – develop knowledge, understanding and skills relating to micro-nutrients and macro-nutrients, the nutritional requirements of different activities, and nutritional strategies

Sports coaching – develop knowledge, understanding and skills required to coach and lead sports performance including aspects such as how skill is acquired, the analysis of performance and biomechanics

Sports development – develop knowledge and understanding of sports development, including its evolution, and how it is currently managed, and skills necessary to manage and evaluate sports development strategies

Research skills – develop knowledge, understanding and skills required to undertake research in selected topics in sport and/or exercise sciences, in order to complete research projects, including generic and sector specific methods

Optional curriculum for the Pearson BTEC Level 4 and 5 HNC/D Diplomas in Sport

Psychology – develop an understanding of areas of sport and exercise psychology such as motivation, arousal, anxiety and stress, and their relationships with sport and exercise, such as sports performance and exercise adherence

Sport and society – develop knowledge and understanding of the provision of sports activities, and how participation can address social issues such as disaffected youth and crime, as well as how participation is influenced and how it can be increased

Physical activity and exercise – develop knowledge, understanding and skills relating to the instruction of physical activity and exercise, as well as the specific considerations of exercise for different client groups, including exercise prescription and exercise for children, older adults, ante- and post-natal women, people with disabilities and people with medical conditions

Injury prevention, treatment and rehabilitation – develop knowledge, understanding and skills relating to injuries that are common in sport and exercise and how they can be prevented and if necessary, treated, and the use of rehabilitation programmes

Massage – develop knowledge and understanding relating to sport and exercise massage, including aspects such as professional ethics, and skills required to apply sport and exercise massage techniques

Technology – develop knowledge and understanding of the relationship between technology and sport and exercise, including historical aspects, the positive and negative effects of technology and future implications of technology for sport and exercise

Education – develop knowledge and understanding relating to the teaching of subjects such as physical education and sport and exercise sciences, including aspects such as the national curriculum and the role and influence of different agencies

Law and legal considerations – develop knowledge and understanding relating to aspects of law and legal considerations pertinent to the sport and exercise industry, including employment law, consumer protection legislation, contracts, Law of Tort and the formation, management, dissolution of operations,

Marketing – develop knowledge, understanding and skills relating to marketing, including principles and concepts such as segmentation, targeting, positioning and the marketing mix

Customer service – develop knowledge, understanding and skills relating to customer service, essential for the wide range of customer facing roles in sport and exercise, including customer service policies, the purpose of promoting a customer-focused culture and customer requirements and expectations

Management – develop knowledge, understanding and skills relating to management in the sport and exercise industry, including the management and operation of facilities, venues, entertainment and events, and the management of human, physical and financial resources

Entry pre-requisites

There are no particular entry requirements for these qualifications, please refer to our guidance on entry requirements. Learners who enter with at least one of the following are likely to benefit more readily from the programme:

- a BTEC National Certificate or Diploma in Sport
- an AVCE/Advanced GNVQ in an appropriate vocational area
- a GCE A Level profile which demonstrates strong performance in a relevant subject or an adequate performance in more than one GCE subject. This profile is likely to be supported by GCSE grades at levels A–C
- other related level 3 qualifications
- an Access to Higher Education Certificate awarded by an approved further education institution
- related work experience.

Higher level skills and abilities

Learners will be expected to develop the following skills during the programme of study:

- analysing, synthesising and summarising information critically
- the ability to read and use appropriate literature with a full and critical understanding
- the ability to think independently and solve problems
- the ability to take responsibility for their own learning and recognise their own learning style
- obtaining and integrating several lines of subject-specific evidence to formulate and test hypotheses
- applying subject knowledge and understanding to address familiar and unfamiliar problems
- recognising the moral and ethical issues of enquiry and experimentation and appreciating the need for ethical standards and professional codes of conduct
- designing, planning, conducting and reporting on investigations
- undertaking laboratory and/or field investigations in a responsible, safe and ethical manner
- the capacity to give a clear and accurate account of a subject, marshal arguments in a mature way and engage in debate and dialogue both with specialists and non-specialists.

Annexe B

National Occupational Standards (NOS)

Mapping against the level 3 and 4 NOS in Active Leisure and Learning

The grid below maps the knowledge covered in the 3 and 4 NVQ in Active Leisure and Learning against the underpinning knowledge of the Pearson BTEC Higher Nationals in Sport and in Sport and Exercise Sciences.

NVQ unit titles HNC/D titles	Level 3 NOS in Leisure Management	Level 3 NOS in Sports Development	Level 3 NOS in Achieving Excellence in Sports Performance	Level 3 NOS in Personal Training	Level 3 NOS in Coaching, Teaching and Instructing	Level 4 NOS in Managing Sport and Active Leisure	Level 4 NOS in Sport and Physical Activity and Administration and Governance	Level 4 NOS in Physical Activity and Health
Unit 1: Anatomy and Physiology for Sport and Exercise			3	3	3			
Unit 2: Sport and Exercise Psychology			3	3	3			
Unit 3: Research Methods for Sport and Exercise Sciences								
Unit 4: Biomechanics for Sport			3		3			
Unit 5: Research Project								
Unit 6: Nutrition for Sport and Exercise			3	3	3			
Unit 7: Training and Fitness for Sport and Exercise			3	3	3			
Unit 8: Field-based Fitness Testing for Sport and Exercise								
Unit 9: Principles of Sports Coaching				3	3			3
Unit 10: Applied Sports Coaching			3	3	3			3

NVQ unit titles HNC/D titles	Level 3 NOS in Leisure Management	Level 3 NOS in Sports Development	Level 3 NOS in Achieving Excellence in Sports Performance	Level 3 NOS in Personal Training	Level 3 NOS in Coaching, Teaching and Instructing	Level 4 NOS in Managing Sport and Active Leisure	Level 4 NOS in Sport and Physical Activity and Administration and Governance	Level 4 NOS in Physical Activity and Health
Unit 11: The Evolution of Sports Development		3					3	
Unit 12: Managing Sports Development		3					3	
Unit 13: The Sport and Leisure Industry								
Unit 14: Marketing Principles				3				
Unit 15: Operating and Managing a Sport and Leisure Facility	3					3		
Unit 16: Managing in the Health and Fitness Industry	3					3		
Unit 17: Customer Service	3					3		
Unit 18: Sport and Society								
Unit 19: Laboratory and Experimental Methods in Sport and Exercise Sciences								
Unit 20: Biochemistry of Exercise								
Unit 21: Physical Activity, Lifestyle and Wellbeing			3	3	3			3
Unit 22: Instructing Physical Activity and Exercise				3	3			3
Unit 23: Personal and Professional Development								

NVQ unit titles HNC/D titles	Level 3 NOS in Leisure Management	Level 3 NOS in Sports Development	Level 3 NOS in Achieving Excellence in Sports Performance	Level 3 NOS in Personal Training	Level 3 NOS in Coaching, Teaching and Instructing	Level 4 NOS in Managing Sport and Active Leisure	Level 4 NOS in Sport and Physical Activity and Administration and Governance	Level 4 NOS in Physical Activity and Health
Unit 24: Employability Skills			3					
Unit 25: Work-based Experience	3	3	3					
Unit 26: Injury Prevention and Treatment in Sport and Exercise			3	3	3			
Unit 27: Skill Acquisition in Sport			3		3			
Unit 28: Sports Coaching			3	3	3			
Unit 29: Analysis of Sports Performance			3		3			
Unit 30: Sport and Exercise Massage								
Unit 31: Physical Education								
Unit 32: Technology in Sport and Exercise								
Unit 33: Functional Exercise Physiology								
Unit 34: Exercise Prescription				3				3
Unit 35: Sport and Exercise for Specific Groups				3				3
Unit 36: Applied Sport and Exercise Psychology			3	3	3			
Unit 37: Sport and Exercise Rehabilitation					3			3

NVQ unit titles HNC/D titles	Level 3 NOS in Leisure Management	Level 3 NOS in Sports Development	Level 3 NOS in Achieving Excellence in Sports Performance	Level 3 NOS in Personal Training	Level 3 NOS in Coaching, Teaching and Instructing	Level 4 NOS in Managing Sport and Active Leisure	Level 4 NOS in Sport and Physical Activity and Administration and Governance	Level 4 NOS in Physical Activity and Health
Unit 38: Law and Sport and Leisure Operations								
Unit 39: The Entertainment Industry and Venue Management	3	3				3	3	
Unit 40: Event Management in Sport and Leisure	3	3				3	3	
Unit 41: Health Promotion								3
Unit 42: Managing Human Resources	3	3				3	3	
Unit 43: Small Business Enterprise								
Unit 44: Managing Resources in Sport and Leisure Management	3	3				3	3	
Unit 45: The Organisation and Control of Sport, Exercise and Fitness	3	3				3	3	
Unit 46: The Developing Manager								
Unit 47: Employment Law								

Annexe C

Grade descriptors

Pass grade

A **pass grade** is achieved by meeting all the requirements defined in the assessment criteria for pass for each unit.

Merit grade

Merit grade descriptors	Exemplar indicative characteristics Centres can identify and use other relevant characteristics. This is NOT a tick list.
In order to achieve a merit the learner must:	The learner's evidence shows, for example:
<ul style="list-style-type: none"> identify and apply strategies to find appropriate solutions 	<ul style="list-style-type: none"> effective judgements have been made complex problems with more than one variable have been explored an effective approach to study and research has been applied
<ul style="list-style-type: none"> select/design and apply appropriate methods/techniques 	<ul style="list-style-type: none"> relevant theories and techniques have been applied a range of methods and techniques have been applied a range of sources of information has been used the selection of methods and techniques/sources has been justified the design of methods/techniques has been justified complex information/data has been synthesised and processed appropriate learning methods/techniques have been applied
<ul style="list-style-type: none"> present and communicate appropriate findings 	<ul style="list-style-type: none"> the appropriate structure and approach has been used coherent, logical development of principles/concepts for the intended audience a range of methods of presentation have been used and technical language has been accurately used communication has taken place in familiar and unfamiliar contexts the communication is appropriate for familiar and unfamiliar audiences and appropriate media have been used.

Distinction grade

Distinction grade descriptors	Exemplar indicative characteristics Centres can identify and use other relevant characteristics. This is NOT a tick list.
In order to achieve a distinction the learner must:	The learner's evidence shows, for example:
<ul style="list-style-type: none"> • use critical reflection to evaluate own work and justify valid conclusions 	<ul style="list-style-type: none"> • conclusions have been arrived at through synthesis of ideas and have been justified • the validity of results has been evaluated using defined criteria • self-criticism of approach has taken place • realistic improvements have been proposed against defined characteristics for success
<ul style="list-style-type: none"> • take responsibility for managing and organising activities 	<ul style="list-style-type: none"> • autonomy/independence has been demonstrated • substantial activities, projects or investigations have been planned, managed and organised • activities have been managed • the unforeseen has been accommodated • the importance of interdependence has been recognised and achieved
<ul style="list-style-type: none"> • demonstrate convergent/lateral/creative thinking 	<ul style="list-style-type: none"> • ideas have been generated and decisions taken • self-evaluation has taken place • convergent and lateral thinking have been applied • problems have been solved • innovation and creative thought have been applied • receptiveness to new ideas is evident • effective thinking has taken place in unfamiliar contexts.

Annexe D

Unit mapping overview

The BTEC Higher National units in Sport and in Sport and Exercise Sciences (specification start date 01/09/2010) are mapped against the 2003 BTEC Higher National units in Sport and Exercise Sciences (specification end date 31/08/2010).

Unit number	2010 unit title	Maps to 2003 unit number	Level of similarity between units
1	Anatomy and Physiology for Sport and Exercise	1	F
2	Sport and Exercise Psychology	3	F
3	Research Methods for Sport and Exercise Sciences	12	F
4	Biomechanics for Sport	5	F
5	Research Project	4	P
6	Nutrition for Sport and Exercise	13	F
7	Training and Fitness for Sport and Exercise	2; 25	P
8	Field-based Fitness Testing for Sport and Exercise	N/A	N
9	Principles of Sports Coaching	6	P
10	Applied Sports Coaching	6	P
11	The Evolution of Sports Development	20	P
12	Managing Sports Development	20	P
13	The Sport and Leisure Industry	N/A	N
14	Marketing Principles	N/A	N
15	Operating and Managing a Sport and Leisure Facility	N/A	N
16	Managing in the Health and Fitness Industry	N/A	N
17	Customer Service	N/A	N
18	Sport and Society	N/A	N
19	Laboratory and Experimental Methods in Sport and Exercise Sciences	11	P

Unit number	2010 unit title	Maps to 2003 unit number	Level of similarity between units
20	Biochemistry of Exercise	8	F
21	Physical Activity, Lifestyle and Wellbeing	19	P
22	Instructing Physical Activity and Exercise	N/A	N
23	Personal and Professional Development	N/A	N
24	Employability Skills	N/A	N
25	Work-based Experience	N/A	N
26	Injury Prevention and Treatment in Sport and Exercise	15	F
27	Skill Acquisition in Sport	9	F
28	Sports Coaching	6	F
29	Analysis of Sports Performance	14; 27; 28	P
30	Sport and Exercise Massage	16	F
31	Physical Education	21	F
32	Technology in Sport and Exercise	31	P
33	Functional Exercise Physiology	10	F
34	Exercise Prescription	18	P
35	Sport and Exercise for Specific Groups	22; 23; 32	P
36	Applied Sport and Exercise Psychology	3	P
37	Sport and Exercise Rehabilitation	17	F
38	Law and Sport and Leisure Operations	N/A	N
39	The Entertainment Industry and Venue Management	N/A	N
40	Event Management in Sport and Leisure	N/A	N
41	Health Promotion	24	P
42	Managing Human Resources	N/A	N
43	Small Business Enterprise	N/A	N
44	Managing Resources in Sport and Leisure Management	N/A	N
45	The Organisation and Control of Sport, Exercise and Fitness	7	F
46	The Developing Manager	N/A	N
47	Employment Law	N/A	N

KEY

P – Partial mapping (some topics from the old unit appear in the new unit)

F – Full mapping (topics in old unit match new unit exactly or almost exactly)

X – Full mapping + new (all the topics from the old unit appear in the new unit, but new unit also contains new topic(s))

N – New unit

The BTEC Higher National units in Sport and in Sport and Exercise Sciences (specification start date 01/09/2010) are mapped against the 2003 BTEC Higher National units in Sport and Leisure Management (specification end date 31/08/2010).

Unit number	2010 unit title	Maps to 2003 unit number	Level of similarity between units
1	Anatomy and Physiology for Sport and Exercise	N/A	N
2	Sport and Exercise Psychology	N/A	N
3	Research Methods for Sport and Exercise Sciences	N/A	N
4	Biomechanics for Sport	N/A	N
5	Research Project	3	P
6	Nutrition for Sport and Exercise	N/A	N
7	Training and Fitness for Sport and Exercise	N/A	N
8	Field-based Fitness Testing for Sport and Exercise	17	P
9	Principles of Sports Coaching	23; 24; 26	P
10	Applied Sports Coaching	25	F
11	The Evolution of Sports Development	28; 29; 30	P
12	Managing Sports Development	29; 31	P
13	The Sport and Leisure Industry	1	F
14	Marketing Principles	5	F
15	Operating and Managing a Sport and Leisure Facility	6	P
16	Managing in the Health and Fitness Industry	20	F
17	Customer Service	34	F
18	Sport and Society	2	F
19	Laboratory and Experimental Methods in Sport and Exercise Sciences	N/A	N
20	Biochemistry of Exercise	N/A	N
21	Physical Activity, Lifestyle and Wellbeing	19	F
22	Instructing Physical Activity and Exercise	N/A	N

Unit number	2010 unit title	Maps to 2003 unit number	Level of similarity between units
23	Personal and Professional Development	N/A	N
24	Employability Skills	N/A	N
25	Work-based Experience	4	P
26	Injury Prevention and Treatment in Sport and Exercise	N/A	N
27	Skill Acquisition in Sport	N/A	N
28	Sports Coaching	N/A	N
29	Analysis of Sports Performance	N/A	N
30	Sport and Exercise Massage	N/A	N
31	Physical Education	N/A	N
32	Technology in Sport and Exercise	N/A	N
33	Functional Exercise Physiology	N/A	N
34	Exercise Prescription	17	F
35	Sport and Exercise for Specific Groups	N/A	N
36	Applied Sport and Exercise Psychology	N/A	N
37	Sport and Exercise Rehabilitation	N/A	N
38	Law and Sport and Leisure Operations	48	F
39	The Entertainment Industry and Venue Management	9	F
40	Event Management in Sport and Leisure	33	F
41	Health Promotion	15	F
42	Managing Human Resources	40	P
43	Small Business Enterprise	32	F
44	Managing Resources in Sport and Leisure Management	7	F
45	The Organisation and Control of Sport, Exercise and Fitness	N/A	N
46	The Developing Manager	39	F
47	Employment Law	49	F

KEY

- P – Partial mapping (some topics from the old unit appear in the new unit)
- F – Full mapping (topics in old unit match new unit exactly or almost exactly)
- X – Full mapping + new (all the topics from the old unit appear in the new unit, but new unit also contains new topic(s))
- N – Unit not in NQF BTEC Higher Nationals in Sport and Leisure Management

Unit mapping in depth

The BTEC Higher National units in Sport and in Sport and Exercise Sciences (specification start date 01/09/2010) are mapped against the 2003 BTEC Higher National units in Sport and Exercise Sciences (specification end date 31/08/2010).

2010 units		2003 units		Mapping/comments (new topics in italics)
Number	Name	Number	Name	
1	Anatomy and Physiology for Sport and Exercise	1	Human Anatomy and Physiology	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
2	Sport and Exercise Psychology	3	Sport and Exercise Psychology	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
3	Research Methods for Sport and Exercise Sciences	12	Research and Statistics for Sport and Exercise Sciences	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
4	Biomechanics for Sport	5	Sport Biomechanics	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
5	Research Project	4	Project in Sport and Exercise Sciences	Topics that remain the same: how to formulate a research specification; implementing the research project within agreed procedures and to specification; evaluating the research outcomes; presenting the research outcomes. Some differences but content similar.
6	Nutrition for Sport and Exercise	13	Nutrition for Sports	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
7	Training and Fitness for Sport and Exercise	2;25	Fundamentals of Training and Fitness; Applied Fitness and Training	Based mainly on 2003 unit 2 with some elements of 2003 unit 25 included.

2010 units		2003 units		Mapping/comments (new topics in italics)
Number	Name	Number	Name	
8	Field-based Fitness Testing for Sport and Exercise	N/A	N/A	N/A.
9	Principles of Sports Coaching	N/A	Sports Coaching	Some links with 2003 unit 6.
10	Applied Sports Coaching	N/A	Sports Coaching	Some links with 2003 unit 6.
11	The Evolution of Sports Development	20	Sport Development	Some links with 2003 unit 20.
12	Managing Sports Development	20	Sport Development	Some links with 2003 unit 20.
13	The Sport and Leisure Industry	N/A	N/A	N/A.
14	Marketing Principles	N/A	N/A	N/A.
15	Operating and Managing a Sport and Leisure Facility	N/A	N/A	N/A.
16	Managing in the Health and Fitness Industry	N/A	N/A	N/A.
17	Customer Service	N/A	N/A	N/A.
18	Sport and Society	N/A	Current Issues in Sport	Some links with 2003 unit 34.
19	Laboratory and Experimental Methods in Sport and Exercise Sciences	11	Laboratory Methods in Sport Science	Some links with 2003 unit 11.
20	Biochemistry of Exercise	8	Biochemistry of Exercise	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.

2010 units		2003 units		Mapping/comments (new topics in italics)
Number	Name	Number	Name	
21	Physical Activity, Lifestyle and Wellbeing	19	Exercise and Lifestyle	Some links with 2003 unit 19.
22	Instructing Physical Activity and Exercise	N/A	N/A	N/A.
23	Personal and Professional Development	N/A	N/A	N/A.
24	Employability Skills	N/A	N/A	N/A.
25	Work-based Experience	N/A	N/A	N/A.
26	Injury Prevention and Treatment in Sport and Exercise	15	Prevention and Treatment of Injuries	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
27	Skill Acquisition in Sport	9	Skill Acquisition	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
28	Sports Coaching	6	Sports Coaching	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
29	Analysis of Sports Performance	14; 27; 28	Sports Analysis; Applied Sort Performance; Maximising Performance	New unit draws on elements of all three 2003 units.
30	Sport and Exercise Massage	16	Sports Massage	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
31	Physical Education	21	Physical Education	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
32	Technology in Sport and Exercise	31	Sports Technology	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.

2010 units		2003 units		Mapping/comments (new topics in italics)
Number	Name	Number	Name	
33	Functional Exercise Physiology	10	Exercise Physiology	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
34	Exercise Prescription	18	Exercise Prescription	Some links with NQF unit 18.
35	Sport and Exercise for Specific Groups	22; 23; 32	Working with Particular Groups; Exercise for Specific Populations; Sport and Disability	New unit draws on elements of all three 2003 units.
36	Applied Sport and Exercise Psychology	3	Sport and Exercise Psychology	Some links with 2003 unit 3.
37	Sport and Exercise Rehabilitation	17	Remedial Exercise and Rehabilitation	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
38	Law and Sport and Leisure Operations	N/A	N/A	N/A.
39	The Entertainment Industry and Venue Management	N/A	N/A	N/A.
40	Event Management in Sport and Leisure	N/A	N/A	N/A.
41	Health Promotion	24	Health Promotion and Fitness	Some links with 2003 unit 24.
42	Managing Human Resources	N/A	N/A	N/A.
43	Small Business Enterprise	N/A	N/A	N/A.
44	Managing Resources in Sport and Leisure Management	N/A	N/A	N/A.

2010 units		2003 units		Mapping/comments (new topics in italics)
Number	Name	Number	Name	
45	The Organisation and Control of Sport, Exercise and Fitness	7	Organisation and Legislation of Sport and Fitness	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
46	The Developing Manager	N/A	N/A	N/A.
47	Employment Law	N/A	N/A	N/A.

The BTEC Higher National units in Sport and in Sport and Exercise Sciences (specification start date 01/09/2010) are mapped against the 2003 BTEC Higher National units in Sport and Leisure Management (specification end date 31/08/2010).

2010 units		2003 units		Mapping/comments (new topics in italics)
Number	Name	Number	Name	
1	Anatomy and Physiology for Sport and Exercise	N/A	N/A	N/A.
2	Sport and Exercise Psychology	N/A	N/A	N/A.
3	Research Methods for Sport and Exercise Sciences	N/A	N/A	N/A.
4	Biomechanics for Sport	N/A	N/A	N/A.
5	Research Project	3	Research Project	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
6	Nutrition for Sport and Exercise	N/A	N/A	N/A.
7	Training and Fitness for Sport and Exercise	N/A	N/A	N/A.
8	Field-based Fitness Testing for Sport and Exercise	17	Exercise Testing and Prescription	Unit links to learning outcomes 1 and 2 of 2003 unit.
9	Principles of Sports Coaching	23; 24; 26	Coaching Science; Equity in Coaching; Principles of Coaching	New unit draws on elements of all three 2003 units.
10	Applied Sports Coaching	25	Applied Coaching Practice	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.

2010 units		2003 units		Mapping/comments (new topics in italics)
Number	Name	Number	Name	
11	The Evolution of Sports Development	28; 29; 30	The Sports Development Industry; Sports Development Policy and Planning; Comparative Sports Development	New unit draws on elements of all three 2003 units.
12	Managing Sports Development	29; 31	Sports Development Policy and Planning	New unit draws on elements of all both 2003 units.
13	The Sport and Leisure Industry	1	The Sport and Leisure Industry	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
14	Marketing Principles	5	Marketing	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
15	Operating and Managing a Sport and Leisure Facility	6	Operations and IT Systems in Sport and Leisure Management	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
16	Managing in the Health and Fitness Industry	20	Managing in the Health and Fitness Industry	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
17	Customer Service	34	Customer Service	Topics that remain the same: customer service policies within business and services contexts; purpose of promoting a customer-focused culture; investigating customer requirements and expectations; providing customer service within business and services contexts to meet required standards.
18	Sport and Society	2	Contemporary Issues in Sport and Leisure	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.

2010 units		2003 units		Mapping/comments (new topics in italics)
Number	Name	Number	Name	
19	Laboratory and Experimental Methods in Sport and Exercise Sciences	N/A	N/A	N/A.
20	Biochemistry of Exercise	N/A	N/A	N/A.
21	Physical Activity, Lifestyle and Wellbeing	16	Lifestyle and Well-being	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
22	Instructing Physical Activity and Exercise	N/A	N/A	N/A.
23	Personal and Professional Development	N/A	N/A	N/A.
24	Employability Skills	N/A	N/A	N/A.
25	Work-based Experience	4	Industry Experience	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
26	Injury Prevention and Treatment in Sport and Exercise	N/A	N/A	N/A.
27	Skill Acquisition in Sport	N/A	N/A	N/A.
28	Sports Coaching	N/A	N/A	This unit has links to all of the 2003 BTEC Higher Nationals units in Sport and Leisure Management, but none of them specifically.
29	Analysis of Sports Performance	N/A	N/A	N/A.
30	Sport and Exercise Massage	N/A	N/A	N/A.

2010 units		2003 units		Mapping/comments (new topics in italics)
Number	Name	Number	Name	
31	Physical Education	N/A	N/A	N/A.
32	Technology in Sport and Exercise	N/A	N/A	N/A.
33	Functional Exercise Physiology	N/A	N/A	N/A.
34	Exercise Prescription	17	Exercise Testing and Prescription	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
35	Sport and Exercise for Specific Groups	N/A	N/A	N/A.
36	Applied Sport and Exercise Psychology	N/A	N/A	N/A.
37	Sport and Exercise Rehabilitation	N/A	N/A	N/A.
38	Law and Sport and Leisure Operations	48	Law for Business and Service Industries	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
39	The Entertainment Industry and Venue Management	9	Entertainment and Venue Management	Topics that remain the same: contribution of the entertainment industry to the economy; types of activities offered by the entertainment industry; management and operation of different types of venues; trends in the entertainment industries.
40	Event Management in Sport and Leisure	33	Event Management	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
41	Health Promotion	15	Health Promotion	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.

2010 units		2003 units		Mapping/comments (new topics in italics)
Number	Name	Number	Name	
42	Managing Human Resources	40	People Management	Some links with 2003 unit 40.
43	Small Business Enterprise	32	Small Business Enterprise	Content virtually identical, differences in learning outcomes and assessment criteria for RQF purposes.
44	Managing Resources in Sport and Leisure Management	7	Managing Resources in Sport and Leisure Management	Content broadly similar, differences in learning outcomes and assessment criteria for RQF purposes.
45	The Organisation and Control of Sport, Exercise and Fitness	N/A	N/A	N/A.
46	The Developing Manager	39	The Developing Manager	Topics that remain the same: principles and practices of management behaviour; reviewing own potential as a prospective manager; showing managerial skills within a business and services context; creating a career development plan for employment within a business and services context.
47	Employment Law	49	Employment Law	Content virtually identical, differences in learning outcomes and assessment criteria for RQF purposes.

Annexe E

Calculation of the qualification grade

Pass qualification grade

Learners who achieve the minimum eligible credit value specified by the rule of combination will achieve the qualification at pass grade (see section *Rules of combination for BTEC Levels 4 and 5 Higher National qualifications*).

Qualification grades above pass grade

Learners will be awarded a merit or distinction qualification grade by the aggregation of points gained through the successful achievement of individual units. **The graded section of both qualifications is based on the learner's best performance in units at the level or above of the qualification to the value of 75 credits.**

The number of points available is dependent on the unit grade achieved and the credit size of the unit (as shown in the table below).

Points available per credit at specified unit grades

Points per credit		
Pass	Merit	Distinction
0	1	2

So a 15 credit unit awarded a merit grade will gain 15 points.

Qualification grades

BTEC Level 4 HNC

Points range	Grade	
0-74	Pass	P
75-149	Merit	M
150	Distinction	D

BTEC Level 5 HND

Points range	Grade	
0-74	Pass	P
75-149	Merit	M
150	Distinction	D

These are some examples of how the HNC Diploma grades are calculated:

Example 1: Achievement of a BTEC HNC Diploma with Pass grade

		Level	Credit	Grade	Grade points	Points per unit (weighting × credit points)
Unit 1	Mandatory core unit	4	15	P	0	
Unit 2	Mandatory core unit	4	15	P	0	
Unit 3	Mandatory core unit	4	15	M	1	15
Unit 4	Mandatory core unit	4	15	M	1	15
Unit 15	Specialist unit	5	15	P	0	
Unit 17	Specialist unit	5	15	P	0	
Unit 18	Specialist unit	4	15	M	1	15
Unit 12	Specialist unit	4	15	M	1	15
Unit 14	Specialist unit	4	10	D	2	20
	Qualification total requirement 120		130			60

Unit 14 is not included as it is an additional unit on top of the 120 credit qualification

The learner can only include the points from the best 75 out of 120 credits in a valid combination.

Example 2: Achievement of a BTEC HNC Diploma with Merit grade

		Level	Credit	Grade	Grade points	Points per unit (weighting × credit points)
Unit 1	Mandatory core unit	4	15	M	1	15
Unit 2	Mandatory core unit	4	15	P	0	
Unit 3	Mandatory core unit	4	15	M	1	15
Unit 4	Mandatory core unit	4	15	P	0	
Unit 15	Specialist unit	5	15	P	0	
Unit 9	Specialist unit	4	15	M	1	15
Unit 18	Specialist unit	4	15	M	1	15
Unit 12	specialist unit	4	15	M	1	15
	Qualification total requirement 120		120			75

The best 75 credits include both core and optional units.

The learner has sufficient points for a merit.

Example 3: Achievement of an HNC Diploma with Distinction grade

		Level	Credit	Grade	Grade points	Points per unit (weighting x credit points)
Unit 1	Mandatory core unit	4	15	M	1	(15)
Unit 2	Mandatory core unit	4	15	P	0	
Unit 3	Mandatory core unit	4	15	D	2	30
Unit 4	Mandatory core unit	4	15	P	0	
Unit 15	Specialist unit	4	15	D	2	30
Unit 17	Specialist unit	4	15	D	2	30
Unit 9	Specialist unit	4	15	D	2	30
Unit 12	Specialist unit	4	15	D	2	30
Qualification total requirement- 120			120			150

The learner has grade points in more than 75 credits. The best performance is used to calculate the grade. These can be level 4/5 for the HNC

The learner has enough points for a Distinction from 75 credits.

Examples for the HND Diploma:

The tables below give examples of how the overall grade is determined.

Only points from units at or above the level of the qualification can be counted towards the grade.

Examples used are for illustrative purposes only. Other unit combinations are possible.

Example 1: Achievement of an HND Diploma with a pass grade

		Level	Credit	Grade	Grade points	Points per unit (weighting × credit points)
Unit 1	Mandatory core unit	4	15	P	X	
Unit 2	Mandatory core unit	4	15	M	X	
Unit 3	Mandatory core unit	4	15	M	X	
Unit 4	Mandatory core unit	4	15	M	X	
Unit 5	Mandatory core unit	4	15	M	X	
Unit 6	Mandatory core unit	5	15	P	0	
Unit 7	Mandatory core unit	5	15	M	1	15
Unit 8	Mandatory core unit	5	20	P	0	
Unit 20	Specialist unit	5	15	M	1	15
Unit 21	Specialist unit	5	15	P	0	
Unit 23	Specialist unit	5	15	P	0	
Unit 25	Specialist unit	4	15	P	X	
Unit 26	Specialist unit	5	15	M	1	15
Unit 29	Specialist unit	4	15	M	X	
Unit 33	Specialist unit	4	15	M	X	
Unit 35	Specialist unit	5	15	M	1	15
	Qualification grade totals	Min 125 at level 5	245			60

Count the points from level 5 units for the best 75 credits
X these units are **below** the level of the HND Diploma so not counted for grading

The learner has sufficient points for a pass grade.

Example 2

Achievement of an HND Diploma with a Merit grade

		Level	Credit	Grade	Grade points	Points per unit (weighting × credit points)
Unit 1	Mandatory core unit	4	15	P	X	
Unit 2	Mandatory core unit	4	15	M	X	
Unit 3	Mandatory core unit	4	15	M	X	
Unit 4	Mandatory core unit	4	15	M	X	
Unit 5	Mandatory core unit	4	15	M	X	
Unit 6	Mandatory core unit	5	15	M	1	15
Unit 7	Mandatory core unit	5	15	D	2	30
Unit 8	Mandatory core unit	5	20	D	2	40
Unit 20	Specialist unit	5	15	M	1	15
Unit 21	Specialist unit	5	15	M	1	(15)
Unit 23	Specialist unit	5	15	P	0	
Unit 25	Specialist unit	4	15	P	X	
Unit 26	Specialist unit	5	15	M	1	(15)
Unit 29	Specialist unit	4	15	M	X	
Unit 33	Specialist unit	4	15	M	X	
Unit 35	Specialist unit	5	15	M	1	(15)
Unit 36	Specialist unit	5	10	D	2	20
Qualification grade totals		Min 125 at level 5	255			120

The learner can be considered for a merit:

only count the points from **the best 75** credits from a valid combination of 240 credits

X these units are **below** the level of the qualification so **cannot** be counted for grading

The best 75 credits include both mandatory core and optional units

() these units are not counted in the overall score

The learner has sufficient points for a merit grade.

Example 3

Achievement of an HND Diploma with a distinction grade

		Level	Credit	Grade	Grade points	Points per unit (weighting × credit points)
Unit 1	Mandatory core unit	4	15	P	X	
Unit 2	Mandatory core unit	4	15	M	X	
Unit 3	Mandatory core unit	4	15	D	X	
Unit 4	Mandatory core unit	4	15	D	X	
Unit 5	Mandatory core unit	4	15	M	X	
Unit 6	Mandatory core unit	5	15	D	2	30
Unit 7	Mandatory core unit	5	15	D	2	30
Unit 8	Mandatory core unit	5	20	D	2	30
Unit 20	Specialist unit	5	15	D	2	30
Unit 21	Specialist unit	5	15	D	2	30
Unit 23	Specialist unit	5	15	P	0	
Unit 25	Specialist unit	4	15	P	X	
Unit 26	Specialist unit	5	15	M	1	(15)
Unit 29	Specialist unit	4	15	M	X	
Unit 33	Specialist unit	4	15	M	X	
Unit 35	Specialist unit	5	15	M	1	(15)
Unit 36	Specialist unit	4	15	P	X	
Qualification grade totals		Min 125 at level 5	245			150

The learner can be considered for a distinction: only count the points from level 5 units for the best 75 credits from a valid combination of **240** credits
 () these units are not counted in the overall score
 X not counted as **below the** level of the qualification.

The learner has sufficient points for a distinction grade.

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