

Pearson Higher Nationals in Sport and Exercise Science


Qualification Guide

First Teaching from September 2018

First Certification from 2019



Level
BTEC
Higher
National
Certificate



Level
BTEC
Higher
National
Diploma



Introducing your new Pearson BTEC Higher Nationals in Sport & Exercise Science

BTEC is the world's most successful and best-loved applied learning brand, engaging students in practical, interpersonal and thinking skills for more than thirty years.

Pearson BTECs are work-related qualifications for students taking their first steps into employment or those already in employment and seeking career development opportunities. Pearson BTECs provide progression into the workplace either directly or via study at university and are also designed to meet employer's needs. Pearson BTEC Higher National qualifications are therefore widely recognised by industry and higher education as the principal technical professional qualification at Levels 4 and 5.

The Pearson BTEC Higher National Certificate (HNC) is at level 4 (the same as the first year of a UK honours degree).

The Pearson BTEC Higher National Diploma (HND) is at level 4 and level 5 (the same as the first two years of a UK honours degree).

A word from our subject expert

“It's with great pleasure that I introduce the new Higher National in Sport & Exercise Science programme. Teaching for over 13 years gave me the opportunity to see first hand the life changing opportunities education can provide, and we have worked very hard to ensure this new qualification offers the content and learning opportunities to offer students the opportunity to further their education and career goals.



The programme is more aligned to UK HE and new updated content will make it both a stimulating and exciting experience for students and teachers. Centres can deliver with confidence a programme that will prepare and equip students for the future world of Sport & Exercise Science.

I am here to provide guidance, advice and support on every aspect of the programme and its implementation and will welcome your views and feedback. I will be posting news and updates on the HN Global forum so please get registered and join the online discussions.

I look forward to working with you!

Deirdre”

Professional courses developed collaboratively with subject experts

With input from industry, employers, professional bodies, tutors, students, and higher education institutions, your new Pearson BTEC Higher Nationals have been designed to better meet the needs of a changing market. The result is a qualification suite designed and developed to meet professional standards, recognised by employers and universities, which develop not only academic skills and abilities, but work-readiness skills.

The objectives of the redevelopment of the BTEC Higher Nationals have been to ensure:

- employer engagement;
- work relatedness;
- opportunities for progression to further higher education;
- alignment with UK higher education expectations; and
- qualifications which are up to date with current professional practice and include professional accreditation and opportunities to gain National Governing Body certification where possible.

What's new?

- **Essential subject knowledge** needed by Sport & Exercise Science students to progress successfully into further study or to the world of work or continued employment;
- **A simplified structure** students undertake a substantial core of learning, required by all Sport & Exercise Scientists, with limited specialism in the Higher National Certificate, building on this in the Higher National Diploma, with further specialist and optional units linked to their specialist area of study;
- **Three specialist pathways** One general and two specialist pathways at Level 4 and 5 so there is something to suit each student's preference for study and future progression plans;
- **Refreshed content** that is closely aligned with professional bodies', employers' and higher education needs for a skilled future workforce;
- **Assessments that consider cognitive skills** (what students know) along with affective and psychomotor skills (what they can do and how they behave);
- **An assessment strategy** that supports progression to Level 6 studies and also allows centres to offer assessment relevant to the local employers, thereby accommodating and enhancing different learning styles;
- **Learning outcomes** mapped against professional body standards where appropriate;
- **Unit-specific grading and Pearson-set assignments**
- **Robust quality assurance measures** that serve to ensure that all stakeholders (e.g. professional bodies, universities, employers, centres and students) can feel confident in the integrity and value of the qualification.

Flexible choice of subject areas and progression opportunities

The new HNC and HND qualifications in Sport & Exercise Science offer a choice of one General Sport & Exercise Science pathway the choice of two specialist pathways (all pathways exist in both the HNC and HND):

- Coaching Science
- Exercise, Health & Lifestyle

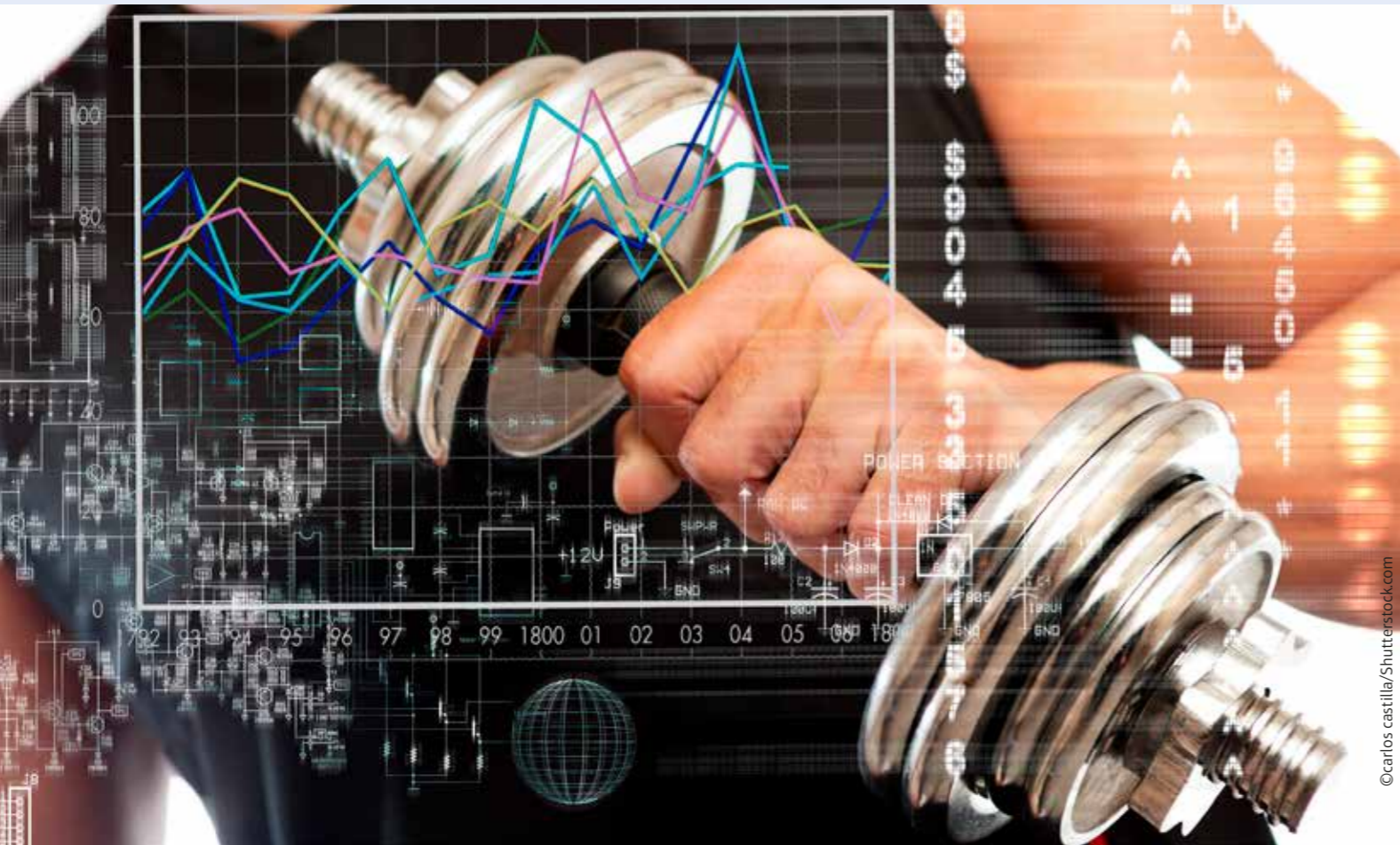
Each Higher National unit has a clear purpose: to cater for the increasing need for high quality professional and technical education pathways at levels 4 and 5, providing students with a clear line of sight to employment or progression to a degree at level 6.

The 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 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.

BTEC Higher Nationals consist of core units, specialist units and optional units:

- Core units are mandatory
- Specialist units are designed to provide a specific occupational focus to the qualification and are aligned to Professional Body standards
- Required combinations of units are clearly set out in the tables.



Pearson BTEC Level 4 pathways

Higher National Certificate in Sport & Exercise Science
1 Nutrition
2 Fundamentals of Sport & Exercise Psychology
3 Anatomy & Physiology
4 Professional Skills (Pearson-set)
Plus an additional 4 Optional Units selected from the Specialist and Optional Units given below. *
Group: Coaching Science
5 Coaching Practice & Skill Development
6 Training, Fitness, Testing
Group: Exercise Health & Lifestyle
7 Physical Activity, Lifestyle & Health
8 Lifestyle Coaching
Optional Units
9 Biomechanics
10 Technology in Sport
11 Injury Prevention
12 Community Coaching
13 Sports Massage

Higher National Certificate in Sport & Exercise Science (Coaching Science)
1 Nutrition
2 Fundamentals of Sport & Exercise Psychology
3 Anatomy & Physiology
4 Professional Skills (Pearson-set)
5 Coaching Practice & Skill Development
6 Training, Fitness, Testing
Plus an additional 2 Optional Units selected from the Specialist and Optional Units given below. *
Group: Exercise Health & Lifestyle
7 Physical Activity, Lifestyle & Health
8 Lifestyle Coaching
Optional Units
9 Biomechanics
10 Technology in Sport
11 Injury Prevention
12 Community Coaching
13 Sports Massage

Higher National Certificate in Sport & Exercise Science (Exercise Health & Lifestyle)
1 Nutrition
2 Fundamentals of Sport & Exercise Psychology
3 Anatomy & Physiology
4 Professional Skills (Pearson-set)
7 Physical Activity, Lifestyle & Health
8 Lifestyle Coaching
Plus an additional 2 Optional Units selected from the Specialist and Optional Units given below. *
Group: Coaching Science
5 Coaching Practice & Skill Development
6 Training, Fitness, Testing
Optional Units
9 Biomechanics
10 Technology in Sport
11 Injury Prevention
12 Community Coaching
13 Sports Massage

*Please note that only one Specialist Unit can be selected from each Specialist pathway group

Core Units
Optional Units
Specialist Units

Flexible choice of subject areas and progression opportunities

Pearson BTEC Level 5 pathways

Higher National Diploma in Sport & Exercise Science

Level 4 Units	Plus 6 additional level 5 units from below
1 Nutrition	Group: Coaching Science* 15 Advanced Coaching 16 Performance Analysis 17 Talent Identification & Development Group: Exercise Health & Lifestyle* 18 Exercise Prescription 19 Contemporary Issues in Health 20 Health Community Engagement 21 Sport & Exercise for Specific Groups Level 5: Optional Units 22 Physical Education & School Sport 23 Physical Literacy 24 Personal & Professional Development 25 Work Experience 26 Exercise Physiology 27 Advanced Nutrition 28 Leadership & Management 29 Teaching Practice 30 Entrepreneurism in Sport 31 Biochemistry of Exercise 32 Psychology for Performance 33 Strength & Conditioning for Coaching 34 Innovation in Coaching 35 Contemporary Issues in Coaching 36 Applied Lifestyle Coaching 37 Sport Rehabilitation
2 Fundamentals of Sport & Exercise Psychology	
3 Anatomy & Physiology	
4 Professional Skills (Pearson-set)	
Plus 4 Units selected from the level 4 Specialist and Optional Units below.	
Group: Coaching Science*	
5 Coaching Practice & Skill Development	
6 Training, Fitness, Testing	
Group: Exercise Health & Lifestyle*	
7 Physical Activity, Lifestyle & Health	
8 Lifestyle Coaching	
Level 4 Optional Units	
9 Biomechanics	
10 Technology in Sport	
11 Injury Prevention	
12 Community Coaching	
13 Sports Massage	
Level 5 Units	
14 Research Project (Pearson-set)	
Core Units	
Specialist Units	
Optional Units	

Higher National Diploma in Sport & Exercise Science Coaching Science

Level 4 Units	Plus 3 additional level 5 units from below
1 Nutrition	Group: Exercise Health & Lifestyle* 18 Exercise Prescription 19 Contemporary Issues in Health 20 Health Community Engagement 21 Sport & Exercise for Specific Groups Level 5: Optional Units 22 Physical Education & School Sport 23 Physical Literacy 24 Personal & Professional Development 25 Work Experience 26 Exercise Physiology 27 Advanced Nutrition 28 Leadership & Management 29 Teaching Practice 30 Entrepreneurism in Sport 31 Biochemistry of Exercise 32 Psychology for Performance 33 Strength & Conditioning for Coaching 34 Innovation in Coaching 35 Contemporary Issues in Coaching 36 Applied Lifestyle Coaching 37 Sport Rehabilitation
2 Fundamentals of Sport & Exercise Psychology	
3 Anatomy & Physiology	
4 Professional Skills (Pearson-set)	
5 Coaching Practice & Skill Development	
6 Training, Fitness, Testing	
Plus 4 Units selected from the level 4 Specialist and Optional Units below.	
Group: Exercise Health & Lifestyle*	
7 Physical Activity, Lifestyle & Health	
8 Lifestyle Coaching	
Level 4 Optional Units	
9 Biomechanics	
10 Technology in Sport	
11 Injury Prevention	
12 Community Coaching	
13 Sports Massage	
Level 5 Units	
14 Research Project (Pearson-set)	
15 Advanced Coaching	
16 Performance Analysis	
17 Talent Identification & Development	

Higher National Diploma in Sport & Exercise Science Exercise Health & Lifestyle

Level 4 Units	Plus 2 additional level 5 units from below
1 Nutrition	Group: Coaching Science* 15 Advanced Coaching 16 Performance Analysis 17 Talent Identification & Development Level 5: Optional Units 22 Physical Education & School Sport 23 Physical Literacy 24 Personal & Professional Development 25 Work Experience 26 Exercise Physiology 27 Advanced Nutrition 28 Leadership & Management 29 Teaching Practice 30 Entrepreneurism in Sport 31 Biochemistry of Exercise 32 Psychology for Performance 33 Strength & Conditioning for Coaching 34 Innovation in Coaching 35 Contemporary Issues in Coaching 36 Applied Lifestyle Coaching 37 Sport Rehabilitation
2 Fundamentals of Sport & Exercise Psychology	
3 Anatomy & Physiology	
4 Professional Skills (Pearson-set)	
7 Physical Activity, Lifestyle & Health	
8 Lifestyle Coaching	
Plus 4 Units selected from the level 4 Specialist and Optional Units below.	
Group: Coaching Science*	
5 Coaching Practice & Skill Development	
6 Training, Fitness, Testing	
Level 4: Optional Units	
9 Biomechanics	
10 Technology in Sport	
11 Injury Prevention	
12 Community Coaching	
13 Sports Massage	
Level 5 Units	
14 Research Project (Pearson-set)	
18 Exercise Prescription	
19 Contemporary Issues in Health	
20 Health Community Engagement	
21 Sport & Exercise for Specific Groups	

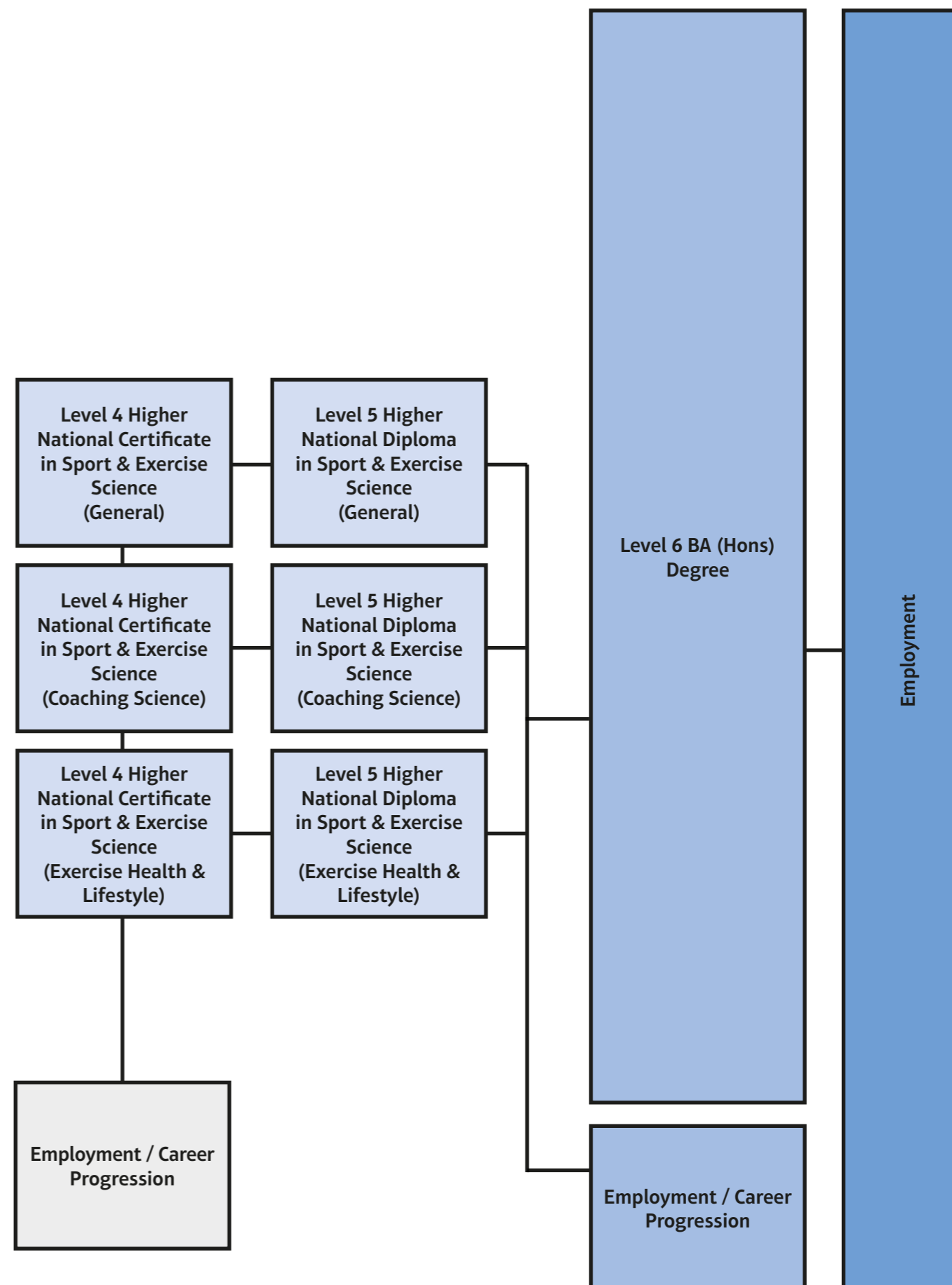
*Please note that only one Specialist unit can be selected from each Specialist pathway group.

Progression opportunities:

The purpose of Pearson BTEC Higher Nationals in Sport & Exercise Science is to develop students as professional, self-reflecting individuals, able to meet the demands of employers in the Sport & Exercise Science sector and adapt to a constantly changing world. The qualifications aim to widen access to higher education and enhance the career prospects of those who undertake them.

On successful completion of the Level 5 Higher National Diploma, students can develop their careers in the Sport & Exercise Science sector through:

- Entering employment;
- Continuing existing employment;
- Committing to Continuing Professional Development (CPD);
- Progressing to university.



Assessment Strategy

Pearson BTECs combine a student-centred approach with a flexible, unit-based structure. Students are required to apply their knowledge to a variety of assignments and activities, with a focus on the holistic development of practical, interpersonal and higher level thinking skills. Assessment reflects not only what the student knows but also what they can do to succeed in employment and higher education in an ethical manner.

Pearson BTEC Higher Nationals have always allowed for a variety of forms of assessment evidence to be used, provided they are suited to the type of learning outcomes being assessed. For many units, the practical demonstration of skills is necessary and, for others, students will need to carry out their own research and analysis, working independently or as part of a team.

Resources

We are providing a wealth of support to ensure that tutors and students have the best possible experience during their course. We have worked with students and tutors worldwide to create an effective and interactive community for our qualifications, called HN Global, an exciting new online platform created by Pearson to engage with Higher National students and tutors around the world.

Created in parallel with the development of the new BTEC Higher National qualifications, HN Global houses a great number of resources for students to get the most out of their BTEC Higher National experience.

Pearson also offer Study Skills units to all learners – an online toolkit accessed on HN Global that supports the delivery, assessment and quality assurance of BTECs in centres.

www.highernationals.com

Do you need centre approval?

Providers wishing to deliver the new Pearson BTEC Higher National qualifications (Pearson BTEC Higher National Sport & Exercise Science – first teaching September 2018) will be subject to a new qualification approval process, more aligned with that used in UK Higher Education. Email hnqa@pearson.com or visit qualifications.pearson.com/higher-nationals for more information about the process.

FAQs

1. **If a provider is already delivering the existing Higher National in Sport & Exercise Science qualifications do they still need to obtain approval for delivering the new qualification?**

Yes, existing providers would still be required to gain approval for delivering the new Higher National qualification but the process will be simplified for centres that meet the auto approval criteria. Approval will then be provisionally granted subject to the return of a signed declaration and payment of the approval fee. More details can be found in the support section of our website <http://qualifications.pearson.com/>

2. **How long will the approval process take?**

This will depend on whether the provider is eligible for auto approval. Once an existing provider has been notified of eligibility for auto approval, the approval will remain provisional until the provider returns the signed declaration and approval. If an existing provider is ineligible and requires a desk based review, the review cannot begin until the provider confirms its intention to proceed and the approval fee is paid. New providers will go through the standard provider approval process which currently takes about 20 days.

3. **Is it possible for students to change their pathway at the end of their first year on the course programme?**

Yes it is. Providers will need to advise Pearson registrations team and they will be able to transfer the student's registration to the appropriate pathway.

4. **If Pearson are providing Example Assessment Briefs, do providers still have to devise their own assignments and complete internal verification of assignments?**

Yes they do. Example Assessment Briefs are for guidance and support only and must be customised and amended according to localised needs and requirements. All assignments must still be moderated as per the internal verification process.

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