

BTEC Level 3 Nationals in Sport and Exercise Science

Get ready for external assessment

Your quick-reference support guide for teachers
and tutors



Sport and
Exercise Science



Why have we created this guide?

We have created this easy-to-use guide to bring together details of all the support materials and key information you can use to help prepare your learners for the external assessments in the Sport and Exercise Science sector, provided at a unit level. You may need your Edexcel Online login details in order to access some of the materials which are listed in the following pages.

We have also included within this guide a list of any changes from previous assessment windows which you should be aware of and included details of forthcoming support.

We would also suggest that you refer to the Instructions for Conducting External Assessments document. This guide provides you with the information you need to carry out external assessments for BTEC Nationals. It takes you through: what you need to do; who's responsible at each stage and; gives additional advice and guidance around best practice. This document can be found [here](#).



What does this guide provide?

This short guide presents all information below at unit level:

- a breakdown of our existing support
- an overview of what additional support is coming up
- an offer to purchase revision guides and workbooks at a discounted rate (limited time available)*
- a list of external assessment dates for summer 2018
- Key changes to be aware of

* You don't need to buy resources to deliver our qualifications



Choose your unit...

Unit 1

Sport and Exercise Physiology



Unit 2

Functional Anatomy



Unit 3

Applied Sport and Exercise
Psychology



Unit 13

Nutrition for Sport and
Exercise Performance



Unit 1: Sport and Exercise Physiology

(click on each link to access materials)



Sport and
Exercise Science

Sample assessment support

[Sample Assessment Material](#)

(for learners to sit as mocks)

[Sample Marked Learner Work](#)

(to see how mark schemes are applied)

Past papers & reports

Summer 2017

[Past paper](#)

[Mark Scheme](#)

[Lead Examiner Report](#)

January 2018

[Past paper](#)

[Mark Scheme](#)

[Lead Examiner Report](#)

Have you tried our revision guides and workbooks?*

As a school or college, you can get 50% off the recommended retail price by using the code BTECNAT18 when purchasing online, via these links: [Revision Guide](#) or [Revision Workbook](#)

or a free sample from our student books

To support preparation for assessment, by clicking [here](#)

What's coming up (April/May)

- Full-day 'Preparing for external assessment' training events, focusing on all external units
- Additional Sample Marked Learner Work from January 2018 series
- Rich Feedback report at both centre level and learner level
- Access to Scripts service, click [here](#)

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Unit 2: Functional Anatomy

(click on each link to access materials)



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Unit 3: Applied Sport and Exercise Psychology

(click on each link to access materials)



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Assessment support

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(for learners to sit as mocks)

[Sample Marked Learner Work](#)

(to see how marking schemes are applied)

[Administrative Support Guide](#)

(guidance on how to run an assessment)

Past Tasks & reports

Summer 2017

[Task](#)

[Mark Scheme](#)

[Lead Examiner Report](#)

January 2018

[Task](#)

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Unit 13: Nutrition for Sport and Exercise Performance

(click on each link to access materials)



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Key dates for summer 2018

Sport and Exercise Science				
EXAMS				
Unit	Date	Time	Duration	
31813H Sport and Exercise Science - Unit 1: Sport and Exercise Physiology	21/05/2018	AM	1h 30m	
31814H Sport and Exercise Science - Unit 2: Functional Anatomy	04/06/2018	AM	1h 30m	
SET TASKS				
Unit	Release Date	Window for Supervised period	Submission deadline	Length
31815H Sport and Exercise Science - Unit 3: Applied Sport and Exercise Psychology	Part A: 01/05/2018 Part B: 09/05/2018	09/05/2018 - AM	15/05/2018	Prep: 6 hours Supervised: 2 hours
31824H Sport and Exercise Science - Unit 13: Nutrition for Sport and Exercise Performance	Part A: 10/05/2018 Part B: 17/05/2018	17/05/2018 - AM	25/05/2018	Prep: 6 hours Supervised: 2h 30m

You should check the official timetable in case of any changes.

The full summer 2018 timetable can be found [here](#)

Key changes to be aware of...



Sport and
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Improvement to Sample Assessment Materials

After listening to feedback from schools and colleges following the summer 2017 exam series, we've reviewed the number of marks and styles of questions for:

Unit 1: Sport and Exercise Physiology

Unit 2: Functional Anatomy

Through the awarding process in summer 2017, the grade boundaries were set at an appropriate level for the demand of the paper, which ensured learners received grades that reflected their performance. However, we have made improvements to allow learners to complete the assessment in the time given.

Here's a summary of what's changed so you're clear what you and your learners need to do when preparing for the next assessment.

What has changed and which units are affected?

Total marks for the papers: We've reduced the number of marks for both papers by 10 by adjusting some of the types of questions so they are clearer for learners taking the assessment. The mark schemes have been updated to reflect these changes.

Take a look at the updated Sample Assessment Materials in the units where we've made these changes:

[Unit 1: Sport and Exercise Physiology](#)

[Unit 2: Functional Anatomy](#)

Do the changes apply immediately?

Yes – these changes are live now and apply to the 2018 assessments onwards.

Will this mean changes to teaching and learning completed for this unit so far?

There won't be any impact on the preparation you've completed so far for these units, as the changes only affect the marks allocated in the assessments.



**Sport and
Exercise Science**

Specialist help and advice

You also have access to specialist support and advice from our sport subject advisor, Penny Lewis.

Penny will be happy to help with any questions you may have about your BTEC Level 3 Sport and Sport and Exercise Science qualifications.

Penny Lewis

Physical Education and Sport

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 [@PearsonPESport](https://twitter.com/PearsonPESport)

