

# Sport and Exercise Science

September 2021 to August 2022

Guidance for:  
BTEC Nationals



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## Introduction

As COVID-19 may continue to impact upon teaching, learning and assessment through the academic year, affecting those learners who are part-way through their qualifications and those who are commencing this academic year, we have produced this guidance to support the effective delivery of BTEC course content. We are committed to ensuring that learners continue to benefit from the breadth of content of BTEC qualifications through adaptations in teaching and learning.

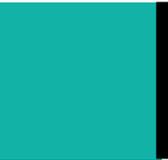
This document is intended to provide you with guidance for how you **might adapt delivery** for the sector's BTEC qualifications in the academic year of 2021-2022.

We will continue to work with our regulators and relevant sector bodies on any possible adaptations or accommodations in line with the relevant policy and regulatory considerations.

Key aspects such as social distancing, safety, lost teaching time, subject content and practical activities have been considered from a sector perspective for your reference. However, it should be noted that all of the guidance provided here must be considered within the context of any relevant guidance issued by your own centre, relevant governing and industry bodies, local and national government.

For further advice and guidance, please refer to the Teaching, Learning and Assessment pages on [Pearson's website](#) or contact us [via the Customer Support portal](#).

We look forward to continuing to support you and your learners throughout this challenging time and wish you well for the coming year.



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## Overview

### Adaptations to Assessments in 2021/2022

Please refer to the assessment section on the [2021/2022 Teaching and Assessment page](#), for adaptations to assessments and qualifications for the 2021-2022 Academic Year. Here you will find:

- Tech Award Assessment Evidence Adaptations
- Work Experience and Employer Engagement
- Links to Exam timetables
- FAQs

***Please note that not all qualifications can or will be adapted, and it is important that you refer to the relevant adaptation guidance for 2021-2022.***

Some qualifications will not be adapted for one of the following reasons:

- An adaptation would impact the reliability and validity of the qualification
- The qualification is a licence to practice or primary purpose is progression to the workplace.

### Learner eligibility

There are currently no plans to have these adaptations extend to learners who take assessments in 2022/23, regardless of when they are due to certificate.

Adaptations are only available in this academic year, for assessment due to take place between 1 September 2021-31 August 2022.

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## **Social Distance /Safety**

- Equipment - main concerns are linked to access of sports science related equipment which will limit the teaching and learning of units that require the use of lab-based fitness testing
- Working with participants/subjects – some fitness or health monitoring tests may not be possible to carry out e.g. due to requirement for proximity of learner to another person e.g. skin fold tests.
- Sports massage – due to a possible requirement for social distancing, sports massage techniques cannot be performed on other individuals unless household members
- Delivery of individual or group exercise sessions – these could be delivered in an outdoor environment or through remote delivery
- Practical sports participation – concerns with some individual and team sports, some cannot be played as yet in accordance with their NGBs, recommendation to reduce the number of sports required for assessment.

## **Lost time teaching**

Data collected for some units could be used for research project related work e.g. fitness testing related units – data could be used from this for learners to analyse in research or project related work.

## **Flexibility of delivery and assessment**

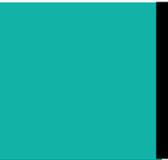
Most units start with underpinning knowledge and are theory based. Recommendation is to start the delivery of these units and then allow practical teaching and learning to take place later on in the year.

## **What is important to retain the validity of the sector's qualifications?**

If sports massage is unable to take place:-

it may be possible for a learner to practice massage techniques on another family member.

In both the RQF and QCF Sports massage is an optional unit so this will not impact the validity of the qualification.



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### **Are there other methodologies that can be used to support the purpose of the qualification?**

The use of online remote platforms to observe participants taking part in sport or delivering exercise sessions could be implemented to allow full teaching and learning of practical based criteria.

Field based fitness testing and indoor based fitness tests could be carried out outside, for example.

Access to lab based fitness testing could be limited for some centres, however, learners will still gain experience of administering fitness tests in a field based environment.

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## Suite guidance

### BTEC RQF Sport and Exercise Science

Impact on delivery on mandatory units (refer to 1080) - possible mitigations /adaptations:

- All mandatory units can be delivered in the 1080 size qualification – please see unit by unit approach for more detail.
- Optional units – please see unit by unit approach for more detail.
- Work experience is an optional unit so centres should determine if learners will have access to a work placement before delivering this unit at their centre this year.
- Some requirements for primary research for mandatory units. This can be completed through data collected in other units (fitness testing) but will limit the focus of the research options for learners.

### QCF suite Nationals 2010

- Mandatory units (360, 720, 1080) learners should only be in second year as these qualifications in the main will retire.
- Optional units – please see unit by unit approach for more detail.

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## Teaching and learning guidance

<b>KEY</b>	<b>Green</b>	Able to deliver with few anticipated challenges.
	<b>Amber</b>	Able to deliver with some challenges. Consideration of activities and timing required.
	<b>Red</b>	Content challenging to deliver dependent on current context.

<b>BTEC Nationals in Sport and Exercise Science (RQF)</b>	
Unit	Delivery support/guidance
<b>1 Sport and Exercise Physiology</b>	External Assessment – all theory based
<b>2 Functional Anatomy</b>	External assessment – all theory based
<b>3 Applied Sport and Exercise Psychology</b>	External Assessment – all theory based
<b>4 Field and Laboratory-based Fitness Testing</b> <b>NB No spirometer usage.</b>	Learning Aim A – all theory based Some practical fitness tests can be carried out at home.
	Learning Aim B- undertaking anthropometric testing and: Skin folds, BMI, BIA and waist to hip Skin folds main concern - Could be carried out on family members or whole year group bubbles
	Learning Aim C – Explore the use of field-and laboratory-based protocols in sport and exercise sciences Lab based protocols – If tests need to take place in a lab -postpone until facilities available Field based protocols – can be carried out outside
	Learning Aim D – Adapt to only allow for field-based testing rather than lab based protocols.

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<b>5 Applied Research Methods in Sport and Exercise Science</b>	<p>Overall support for teaching and learning  Teacher provides data for research  Field based testing is carried out for quantitative research  Data generated from Unit 4 is used for the data analysis.</p>
<b>6 Coaching for Performance and Fitness</b>	<p>Learning Aim A  Can be delivered through all theory based</p>
	<p>Learning Aim B  Practical based – could be carried out with class group bubbles</p>
	<p>Learning Aim C  Planning or coaching – Can be delivered through all theory based</p>
	<p>Learning Aim D  Delivering a coaching session  Deliver to class group bubble or family member</p>
<b>7 Biomechanics in Sport and Exercise Science</b>	<p>Can be delivered via theory and provision of data to analyse (e.g. speed, velocity, deceleration from data such as 100m world record races etc)</p>
<b>8 Specialised Fitness Training</b>	<p>Learning Aim A  Can be delivered through all theory based</p>
	<p>Learning Aim B  Methods of training – some methods will require access to strength and conditioning equipment including weights which may require access to a gym. Potential to bring dumbbells and free weights outside of the gym and use in an outdoor environment</p>
	<p>Learning Aim C  Learners design a training programme for an individual- can use another person in their class. Collection of personal data can be carried out remotely if required e.g. lifestyle and physical activity history. Fitness test data can be used from unit 4.</p>

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<b>9 Research Project in Sport and Exercise Science</b>	The choice of research project will be more limited as quantitative data collection may be difficult with social distancing in place. Learners could use data from unit 4 and base their research project around the sample of their class group.
<b>10 Physical Activity for Individual and Group-based Exercise</b>	Learning Aim A – Can be delivered through all theory based
	Learning Aim B – Types of resistance-based exercises will require access to strength and conditioning equipment including weights which may require access to a gym. Potential to bring dumbbells and free weights outside of the gym and use in an outdoor environment.
	Learning Aim C – plan and instruct individual or group-based exercise – the session could be delivered via an online platform. Would need to use a household member or a peer in the same class to deliver the session to. Great emphasis on individual sessions than group-based exercise session.
<b>11 Sport Massage Due to LA C – recommend another optional unit be delivered</b>	Learning Aim A Can be delivered through all theory based
	Learning Aim B Client consultations can only take place between learners in same class bubble or household member
	Learning Aim C Undertake sports massage – If sports massage is unable to take place:- it may be possible for a learner to practice massage techniques on another family member. In both the RQF and QCF Sports massage is an optional unit so this will not impact the validity of the qualification – therefore centre should deem if this unit selection is appropriate.
	Learning Aim D Can be delivered through all theory based
<b>12 Sociocultural Issues in Sport and Exercise</b>	Can be delivered through all theory based
<b>13 Nutrition for Sport and Exercise Performance</b>	External Assessment – can be delivered through all theory based.
<b>14 Technology in Sport and Exercise Science</b>	Can be delivered through all theory based

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<b>15 Sport Injury and Assessment</b>	Learning Aim A Can be delivered through all theory based
	Learning Aim B Can be delivered through all theory based
	Learning Aim C Can be delivered through all theory based
	Learning Aim D: Treatment and rehabilitation, due to requirement for social distancing, sports massage/injury treatment techniques may not be able to be performed on other individuals unless household members this will impact some delivery e.g. active assisted stretches where the learner has to make contact with a person.

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<b>BTEC Nationals in Sport and Exercise Sciences (QCF)</b>	
<b>Unit</b>	<b>Delivery support/guidance</b>
<b>Unit</b>	<b>Completion support</b>
<b>1 Anatomy for Sport and Exercise</b>	Can be delivered through all theory based
<b>2 Sport and Exercise Physiology</b>	Learning Outcome 1 Requires taking physiological data for initial response to exercise. These measurements can be taken in the outdoors but measurements such as blood pressure will not be able to be taken unless access to a cycle ergometer or such is available.
	Learning Outcome 2 Requires taking physiological data for steady state exercise. Difficult again to maintain exercise at a set intensity if no access to cycle ergometer/treadmill but adapted running around a track with a heart rate monitor and brief stop to measure VE could suffice to provide data for measurements
	Learning Outcome 3 Can be delivered through all theory based
	Learning Outcome 4 Can be delivered through all theory based
<b>3 Sport and Exercise Psychology</b>	Can be delivered through all theory based
<b>4 Research Methods for Sport and Exercise Science</b>	Overall support for delivery and assessment Teacher provides data for research Field based testing is carried out for quantitative research

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<b>5 Research Project in Sport and Exercise Science</b>	The choice of research project will be more limited as quantitative data collection may be difficult with social distancing in place. Learners could use data from unit 8 and base their research project around the sample of their class group.
<b>8 Fitness Testing for Sport and Exercise</b> <b>NB No spirometer usage.</b>	<p>Learning Outcome 1          Field based fitness tests can be carried out and tests that do not require lab based equipment – therefore may be concerns with reduction in content delivery (e.g. Wingate test) as well as tests that require direct content with a subject e.g. skin fold test.          Assessment criteria do allow for one test for each component of fitness and alternative tests are available that do not require lab equipment or contact with a subject (Egg Vertical jump test and BMI)</p> <p>Learning Outcome 2          Health monitoring tests listed in the spec require learners to make contact with subjects, and some require use of lab equipment and or making physical contact with another person – e.g. lung function tests, blood pressure tests. The assessment information for assessors requires these tests are carried out.          Any test undertaken should always follow the Government/local authority guidance available. It should be noted that non-contact monitoring tests e.g. resting heart rate using smart device, BMI, etc can still be used.</p> <p>Learning Aim 3          Six different fitness tests need to be administered, choice can be tests that can be carried outside and not require lab based equipment</p>
	<p>Learning Aim 4          Feedback can be provided via online platform or written feedback</p>
<b>6 Sport Biomechanics in Action</b>	Can be delivered through all theory based
<b>7 Exercise, Health and Lifestyle</b>	Learning Outcome 1, 3 and 4 all can be delivered through theory based

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<b>9 Fitness Training and Programming</b>	Fitness training programme would need to be carried out by individual rather than on another person.
<b>10 Sport and Exercise Massage Due to LO 4 - recommend another optional unit be delivered</b>	Learning Outcome 1 Can be delivered through theory
	Learning Outcome 2 Can be delivered through theory
	Learning Outcome 3 Client consultations can only take place between learners in same class bubble or household member
	Learning Outcome 4 Undertake sports massage – If sports massage is unable to take place:- it may be possible for a learner to practice massage techniques on another family member. In both the RQF and QCF Sports massage is an optional unit so this will not impact the validity of the qualification – therefore centre should deem if this unit selection is appropriate.
<b>11 Analysis of Sports Performance</b>	Analysis of sports performance could take place through video footage or observation of class member taking part in a permitted sport. Range of sports available may be limited.
<b>12 Sports Nutrition</b>	Can be delivered through all theory based
<b>13 Current Issues in Sport</b>	Can be delivered through all theory based
<b>14 Instructing Physical Activity and Exercise</b>	Learning Outcome 1 – Can be delivered through all theory based
	Learning Outcome 2 Can be delivered through all theory based
	Learning Outcome 3

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	<p>plan and lead and exercise session The session could be delivered via an online platform. Would need to use a household member or a peer in the same class to deliver the session to.</p>
	<p>Learning Outcome 4 Can be delivered through theory based but does require feedback from participants having taken part in the exercise session lead by the learner.</p>
<b>15 Sport Injuries</b>	<p>Can be delivered through all theory based</p>
<b>16 Sport Coaching</b>	<p>Learning Outcome 1 - Can be delivered through all theory based</p>
	<p>Learning Outcome 2 Can be delivered through all theory based</p>
	<p>Learning Outcome 3 Can be delivered through all theory based</p>
	<p>Learning Outcome 4 Delivering a coaching session Deliver to class group bubble or family member</p>
<b>17 Practical Individual Sports</b>	<p>Learning Outcome 1 Can be delivered through theory, does require practical participation in two individual sports.</p>
	<p>Learning Outcome 2 Can be delivered through theory.</p>
	<p>Learning Outcome 3</p>

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	Requires learner to participate in individual sports, may be limitations on range of individual sports available and access to equipment/facilities.
	Learning Outcome 4 Learners could view their peers' footage of participation in an individual sport to carry out analysis of performance.
<b>18 Practical Team Sports</b>	Learning Outcome 1 Can be delivered through theory, does require practical participation in two individual sports. May be limitations on range of individual sports available
	Learning Outcome 2 Can be delivered through theory.
	Learning Outcome 3 Requires learner to participate in team currently limitations on any performance in team sports. If team sports are permitted to go ahead, recommend
	Learning Outcome 4 Learners could view their peers' footage of participation in a team sport to carry out analysis of performance.
<b>19 Outdoor and Adventurous Activities</b>	Requires access to outdoor activities – may be limited range available but should be able to be delivered and assessed as is.
<b>20 Applied Sport and Exercise Psychology</b>	Can be delivered through all theory based
<b>21 Applied Sport and Exercise Physiology</b>	Can be delivered through all theory based

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<p><b>22 Exercise for Specific Groups Due to LAs – recommend another optional unit be delivered</b></p>	<p>It is advised that this unit is not delivered as access to specific groups is going to be difficult to deliver an exercise session for this group of people. Many of the specific groups are categorised as vulnerable (older adults, antenatal etc) – whilst it may be possible to deliver an online session to these people it would not be possible to fully monitor or observe them as they participate in the session.</p>
<p><b>23 Work Experience in Sport</b></p>	<p>May be limitations to range of sport sector work experience provision but if the centre can be sure access to sport facilities/work placements is going to be available this unit can be delivered and assessed in line with Government/local authority guidance.</p>
<p><b>24 Sport Facilities and Operational Management</b></p>	<p>Can be delivered through all theory based</p>
<p><b>25 Research Investigation in Sport and Exercise Science</b></p>	<p>The choice of research project will be more limited as quantitative data collection may be difficult with social distancing in place. Learners could use data from unit 4 and base their research project around the sample of their class group.</p>
<p><b>26 Laboratory and Experimental Methods in Sport and Exercise Science</b></p>	<p>Learning Outcome 1 Can be delivered through theory based</p>
	<p>Learning Outcome 2 Undertaking anthropometric tests: Skin folds, BIA etc Skin folds main concern - Could be carried out on family members or whole year group bubbles but does require contact with another person</p>
	<p>Learning Outcome 3 Undertaking anthropometric test: Skin folds, BIA etc Skin folds main concern - Could be carried out on family members or whole year group bubbles but does require contact with another person</p>
	<p>Learning Outcome 4</p>

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	Tests listed in the spec can be carried out outdoors apart from aerobic cycle tests which require a sports science lab so slight limitation on the delivery of content.
<b>27 Profiling Sports Performance</b>	Learners would only be able to access a peer to profile.