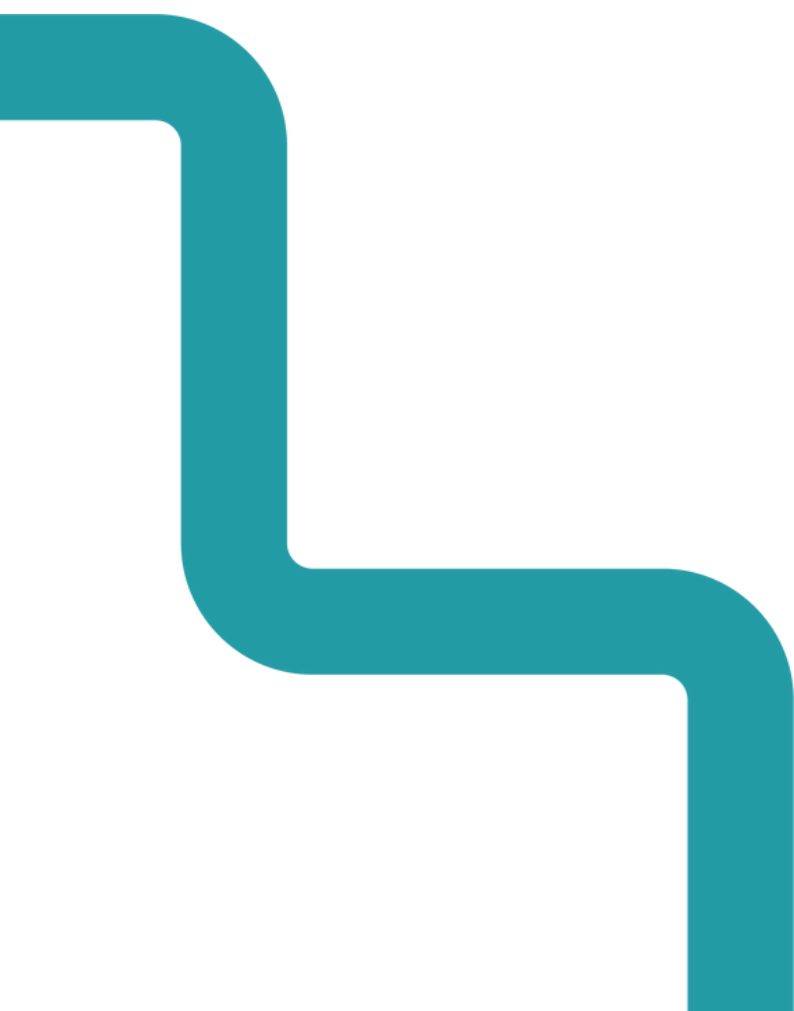




Level 3 Sport and Exercise Science

Course Tutor: Aidan Dennison
(dennisona@chesterfield.ac.uk)

Student Name:



Contents:	Page:
1.1 – Staff Contacts	3
2.1 – College Expectations and Standards	3
2.2 – Grades	3
2.3 – How to calculate your final grade	4-5
2.4 – How many UCAS points will my final grade create	6
2.5 – Submitting Assignments	7
3.1 – Accessing Microsoft Office 365	7
4.1 – Unit Guide and Information	8
5.1 – What jobs could I progress onto from the course?	9
6.1 – The ASPIRE Journey	9-10
7.1 – Work Experience	11-12
8.1 – Case Studies from Previous Students	12
9.1 – Kit Information.....	13

1.1 - Staff Contact:

Name	Role	Email/Phone
Aidan Dennison	Personal Tutor/Course Leader	dennisona@chesterfield.ac.uk
Thomas McGrail	Vocational Leader for Sport and Public Services	mcgrail@chesterfield.ac.uk
Alex Hall	Curriculum Manager for Leisure	halla@chesterfield.ac.uk
College Mainline	Reporting Absence from College	01246 500 500
Kerrie Robertson	LEAP Mentor (Enrichment, Bursary, Pastoral Support)	robertsonk@chesterfield.ac.uk

Please note staff working hours are Monday – Friday 8.30am – 5.00pm and they will aim to respond to you promptly. Please try to contact staff through Microsoft Teams/Email as these are usually the best options.

2.1 – College Expectations and Standards.

During your course at College the minimum expectation for attendance is 90% and above for all lessons (Sport and Maths/English if applicable).

You face disciplinary action for the following reasons:

- Attendance dropping below 90% (including being sick)
- Unauthorised absences
- Consecutive absences
- Missing assessment deadlines
- Incomplete work (e.g minimum grade not being achieved etc)

Please also note that Chesterfield College has a three stage Disciplinary process:

- Stage 1 – Targets set to achieve
- Stage 2 – If Stage 1 targets have not been met, parents to be involved with further targets to achieve
- Stage 3 – Panel with senior management with possible removal from the course

2.2 – Grades

At college your personal tutor will explain to you your MTG (Minimum Target Grade) and ATG (Aspirational Target Grade). The grade will be one of the following:

- Pass
- Merit
- Distinction
- Distinction *

It is important that during your time at college you are working towards your minimum grade, with hope that you will stretch yourself in trying to achieve your ATG.

2.3 - How to Calculate your Final Grade.

In total for Year 1 of the course, you will need to complete 6 units in order to achieve your qualification. There are a total of 3 different grades that can be achieved for each unit which as Pass, Merit, Distinction.

For each unit, the following grade will equal the following points:

- Referral = 0pts
- Pass = 50pts
- Merit = 60pts
- Distinction = 72.5pts

From there if you add up the total points from all 9 units this will give you a total score and then using the below table it will show you how many points are required in order to achieve the overall grade for the course.

Points required to receive the overall grade:

Unit Points

	Internal		External	
	Unit Size		Unit Size	
	60 GLH	90 GLH	90 GLH	120 GLH
	0	0	0	0
	N/A	N/A	6	8
	6	9	9	12
	10	15	15	20
Unclassified	16	24	24	32

Near Pass

Pass

Merit

Distinction

Calculation of Qualification Grade:

Foundation Diploma (1 Year Course)		Extended Diploma (2 Year Course)	
510 GLH		1080 GLH	
Grade	Points Threshold	Grade	Points Threshold
U	0	U	0 108 124 140
		PPP	156 176 196 216
P	51	MPP	234 252 270
		MMP	
M	73	MMM	
		DMM	
D	104	DDM	
		DDD	
		D*DD	
D*	130	D*D*D	
		D*D*D*	

Year 1 Available Points:

<u>Unit Name</u>	<u>Level</u>	<u>Internal or External Assessment</u>	<u>Unit Size</u>	<u>Grade</u>	<u>Points Per Unit</u>
<u>Unit 2</u> - Anatomy	3	EXTERNAL	90	Near Pass / Pass / Merit / Dist	6 / 9 / 15 / 24
<u>Unit 3</u> – Psychology	3	EXTERNAL	120	Near Pass / Pass / Merit / Dist	8 / 12 / 20 / 32
<u>Unit 5</u> - Research Methods	3	Internal	90	Pass / Merit / Dist	9 / 15 / 24
<u>Unit 6</u> – Coaching	3	Internal	90	Pass / Merit / Dist	9 / 15 / 24
<u>Unit 8</u> - Fitness Training	3	Internal	60	Pass / Merit / Dist	6 / 10 / 16
<u>Unit 12</u> - Sociocultural Issues	3	Internal	60	Pass / Merit / Dist	6 / 10 / 16

Year 2 Available Points:

Unit Name Level

Unit 1 - Physiology 3

<u>Unit Name</u>	<u>Level</u>	<u>Internal or External Assessment</u>	<u>Unit Size</u>	<u>Grade</u>	<u>Points Per Unit</u>
<u>Unit 4</u> - Fitness Testing	3				
		EXTERNAL	120	Near Pass / Pass / Merit / Dist	8 / 12 / 20 / 32
		Internal	90	Pass / Merit / Dist	9 / 15 / 24
<u>Unit 9</u> - Research Project	3	Internal	60	Pass / Merit / Dist	6 / 10 / 16
<u>Unit 10</u> – Physical Activity for Individual and Group-Based Exercise	3	Internal	60	Pass / Merit / Dist	6 / 10 / 16
<u>Unit 13</u> - Nutrition	3	EXTERNAL	120	Near Pass / Pass / Merit / Dist	8 / 12 / 20 / 32
<u>Unit 14</u> – Technology	3	Internal	60	Pass / Merit / Dist	6 / 10 / 16
<u>Unit 15</u> - Sports Injuries	3	Internal	60	Pass / Merit / Dist	6 / 10 / 16

2.4 - How many UCAS points will my final grade create

Below is a table highlighting the UCAS points that you would receive for achieving the following grade from the 1st Year or 2nd Year of the course:

Foundation Diploma (Year 1)	UCAS Tariff Points	Extended Diploma (Year 2)	UCAS Tariff Points
P	24	PPP	48
		MPP	64
M	48	MMP	80
		MMM	96
D	72	DMM	112
		DDM	128
		DDD	144
D*	84	D*DD	152
		D*D*D	160
		D*D*D*	168

Example of UCAS Points Required for University Courses:

- Chesterfield College – Higher National Certificate/Diploma University Course in Sport and Leisure Management – 48 Points required
- Sheffield Hallam University:
 - BSc Physical Activity and Education – 112 points
 - BSc Physiotherapy – 128 points
 - BSc Sport and Exercise Science - 112 points to 120 points

****Please always check with the university and some can have slightly different requirement then specified****

2.5 – Submitting Assignments

All assignment dates for each unit will be set out by the relevant unit teacher. It is essential that you meet deadlines on time to give yourself the best possible chance of achieving your full potential for each piece of work

All work will be submitted through College VLE. You will be given a guide on how to submit this correctly during your induction week.

From the hand in date you will receive feedback no later than 10 Working Days from your submission date. Within each submission there will be one opportunity to resubmit this piece of work to make improvements to your original submission if the following has been met:

- You met the original deadline (e.g. not a late submission)
- No evidence of plagiarism
- You attempted all the grading criteria

When you hand in your resubmission, please make sure your changes are clearly labelled (red text/different labelled voice clip).

3.1 – Access to Microsoft Office 365

As a Chesterfield College student please ensure you download Microsoft Office 365 which will give you access to the following programs:

- Outlook
- OneDrive
- Word
- PowerPoint
- Excel
- Notebook

These programmes will be essential during your time at college and can be accessed via your phone, tablet, laptop or computer.

4.1 – Unit Guide and Information

Unit Name	What the unit involves?	How are you assessed?	Grade I would like to achieve?
Unit 2 - Functional Anatomy	Learners explore how the anatomy of the cardiovascular, respiratory, skeletal and muscular systems function to produce movements in sport and exercise.	External Exam 1st Attempt – January 2nd Attempt – May	
Unit 3 - Applied Psychology	Performers need to be prepared physically, have the correct technique and follow an appropriate nutritional strategy. Performers must also approach performance with the correct mindset and be able to manage their thoughts and feelings during competition and training sessions.	External Exam 1st Attempt – January 2nd Attempt - May	
Unit 5 – Research Methods	This unit covers the importance of research, factors affecting the quality of research and the different research methods used in sport.	A1 – Report A2 – Practical Research and PowerPoint	
Unit 6 – Coaching for Performance and Fitness	Learners will develop the knowledge and ability to plan, deliver and evaluate coaching sessions that promote athletes' technical, tactical and fitness performance.	A1 – Report A2 – Report A3 – Practical Coaching and Reflection	
Unit 8 – Specialised Fitness Training	Learners study specialised fitness training and the physical demands of sports to plan training of periodised programmes and training sessions to improve sports performance.	A1 – Report A2 – Report A3 – Report	
Unit 12 – Sociocultural Issues in Sport and Exercise	This unit considers the value of sport and exercise in our society and the historical, social, cultural and ethical factors that impact on its development.	A1 – Report A2 – PowerPoint A3 – Newspaper Article	

Year 2			
Unit 1 – Sport and Exercise Physiology	Learners explore the different body systems and their response to sport and exercise in normal conditions, as well as in different environments.	External Exam 1st Attempt – January 2nd Attempt – May	
Unit 13 – Nutrition for Sport and Exercise Performance	Learners will gain a broad understanding of the importance of nutrition and hydration to be able to adapt a nutritional programme for a variety of sports participants.	External Exam 1st Attempt – January 2nd Attempt - May	
Unit 4 – Field and Laboratory Based Fitness Testing	Learners will become familiar with the essential testing protocols commonly used in both the field and laboratory to assess the fitness of the modern performer.	A1 - Report A2 - Portfolio A3 – Report	
Unit 9 – Research Project in Sport and Exercise Science	Learners will complete a research project in a sport-based context. It will involve learning about how to plan, do and review a successful research project.	A1 – Project Proposal A2 – Practical Project	
Unit 10 – Physical Activity	Learners cover theoretical and practical requirements for planning and instructing individual and group-based exercise sessions.	A1 - PowerPoint A2 – Practical Session and Reflection	
Unit 14 – Technology in Sport and Exercise Science	This unit covers the use of technology in sport and exercise, its impact on performance, the measurement of performance, and the ethical considerations associated with its use.	A1 – PowerPoint A2 – PowerPoint A3 – PowerPoint	
Unit 15 – Sports Injury and Assessment	Learners study the signs and symptoms of sports injuries, application of basic treatment and rehabilitation methods, injury risk factors and injury prevention.	A1 – Report A2 – Presentation A3 – Practical Demonstration	

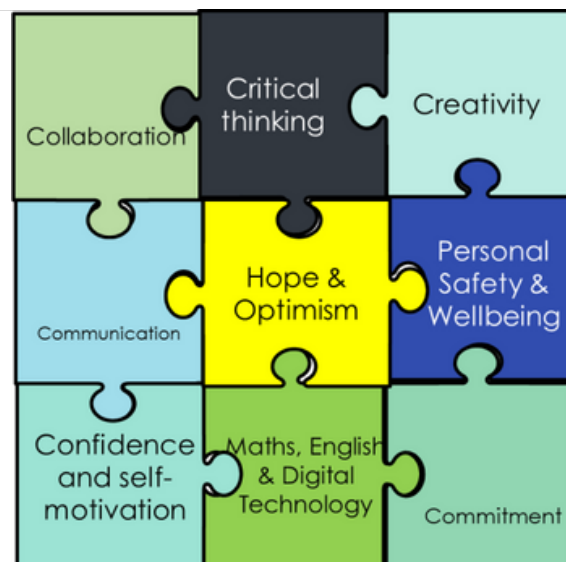
5.1 – What jobs could I progress onto from the course?



6.1 – ASPIRE Journey

As a Chesterfield College student you will not only develop your vocational knowledge of the sector that you are wanting to progress into, but you will also develop your personal skills that are needed for your industry.

At college we refer to this as our ASPIRE skills. These are skills that we believe a critical skill that are needed to work in the sport and exercise sector. Throughout your course and work experience you will develop all these skills to help prepare you for a career in the sport and exercise. See below some of the examples where you will be using these skills on your course and where they become important in the sports sector.



<i>ASPIRE Skill</i>	When you will use it at college	When you will need it in a sport career
<i>Collaboration</i>	Designing group presentations to present to the rest of the group.	Working within a team to plan and run large scale sporting events.
<i>Critical Thinking</i>	Developing specific rehabilitation plans that suit your athlete.	Making key decisions on the strategies that you use to help athletes rehab.
<i>Creativity</i>	Designing a research project into a specific topic	Creating bespoke training and rehabilitation plans for a client
<i>Communication</i>	Coaching a sports activity session to a group.	Leading coaching sessions to a group of professional athletes.
<i>Hope and Optimism</i>	Pushing yourself to achieve a distinction in a specific unit.	Pushing yourself to complete university and achieve your dream career.
<i>Personal Safety & Wellbeing</i>	Understanding the importance of physical activity on health.	Helping a client lose weight to help reduce the stress on their heart.
<i>Confidence & Self-Motivation</i>	Motivating yourself to revise for your January exams.	Working extra hours to help your team prepare for an upcoming game.
<i>Maths, English and Digital Technology</i>	Analyse and devise diet plans for an athlete. Calculating calories and working with percentages.	Developing a lifestyle improvement plan and planning target heart rate zones.
<i>Commitment</i>	Seeking your own work placement in your desired career.	Working late in a sports team to break down and analyse performance of a previous performance.

7.1 – Work Experience

This year you will need to complete a minimum of 30 hours of Work Experience. This may be done at multiple venues or all within one setting. Most students complete these hours in two different ways:

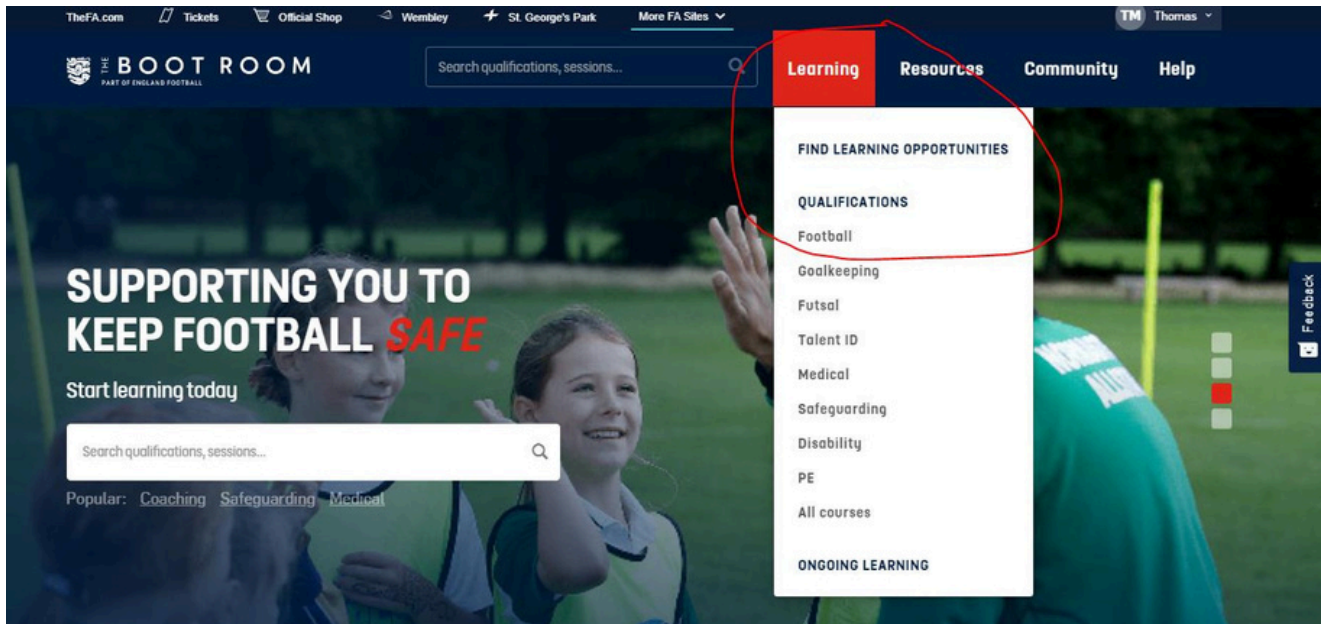
- Short and Fat (Lots of hours over a short period of time e.g full week at half term)
- Long and Thin (Little hours but done throughout the year e.g. coaching at your local team once per week)

When completing your work experience hours college will need to know the following prior to starting:

- Placement Name/Organisation Name
- Name of Key Contact
- Phone Number
- Email
- Information of types of activities, what will you be doing and when

Online FA Courses ([www,thebootroom.thefa.com](http://www.thebootroom.thefa.com))

The Bootroom is an online platform for football coaches with the country, within the site there is access to articles, sessions, resources and also online courses. IN the top right corner of the page, click sign in a create an account. This will generate a FAN number, username and password.



When hovering over 'learning' this will bring a list of different courses, the below are all free and completing the following would generate 18 hours:

- EE Playmaker Course (3 HOURS)
- Talent Identification Level 1 (3 HOURS)
- Introduction to Futsal (1 HOUR)
- Disability Football Introduction (1 HOUR)

- Respect Course (2 HOUR)
- The FA Safeguarding for All (3 HOURS)
- The FA Safeguarding Adults (3 HOURS)
- The FA Concussion Guidelines (1 HOUR)
- Sudden Cardiac Arrest (1 HOUR)

There are also other courses which are highly recommended which would generate work experience hours:

- Introduction to Football Coaching (Level 1) - £160 (Over 30 HOURS Work Experience)
- Safeguarding Children Course - £30 – (3 HOURS Work Experience)
- Referee Course - £110 (Over 35 Hours)

UK Coaching (www.ukcoaching.org/courses/course-list)

UK Coaching also offer lots of different online courses that can be used towards work experience, however some of these cost, see list below:



- Coaching People with a Visual Impairment - £17 (2 HOURS)
- Keeping Deaf and Disabled People Safe in Sport - £17 (4 HOURS)
- Inspiring Positive Behaviour in Sport - £7 – (1 HOURS)
- Inclusive Activity Programme - FREE (1 HOURS)
- Mental Health Awareness for Sport and Physical Activity - £12 (3 HOURS)
- PE Confidence Series - £50 (4 HOURS)

8.1 – Case Study from a Previous Students

“This course is a mixture of different aspects of sport which is something that really interests me. I enjoyed both the practical parts of the course and also the written areas. Learning the basics on how to coach a range of individuals but also how the bodily functions help towards the individual playing better is something that I enjoyed learning. The mixture of both coursework and exams made it much better for me as I’m much stronger at coursework than exams. It allowed me to gain marks from both types of exams and then further my mark using my coursework. Next, I’m going to complete the HE course at college which allows me to learn further into the sport and leisure environment. This will then help lead me onto being a PE teacher or something within that region. This course helps my long-term ambitions as I am able to get a familiar understanding of what is expected of me and the deeper information which I need to know in order to further my knowledge. Furthermore, meeting new people who all have the same interests as you within the course was a big positive!” Elle-Louise Mann 2024

9.1 – Uniform Order



KITKING
UK'S NO.1 TEAMWEAR SPECIALIST

<https://www.kitking.co.uk/collections/student-kit>



3



Chesterfield College
Group

