



PARK HALL ACADEMY

INDEPENDENT LEARNING

Supporting development

SUMMER TERM

BTEC National Sport & Exercise Science



Unit title and main topics/themes

Year 12

Unit 3: Psychology of Sport
Unit 12: Sports Nutrition
Unit 23: Work Experience
Unit 8: Fitness Testing in Sport

Basic/general description of homework set

- Using assignment brief complete all tasks to achieve target grade of pass, merit or distinction
- Use library of resources: 3 key text books

Course details – exam board, website, other useful resources, dates/months of exams

www.dynamic.learning.co.uk

BTEC Level 3 BTEC Sport and Exercise Science 3rd Edition