

Preparing for Transition from Key Stage 4 to Key Stage 5	
Subject	Qualification
Sport and Exercise Science	BTEC Level 3 Extended Diploma
Recommended Reading materials <ul style="list-style-type: none"> • <i>Pearson BTEC National Sport.</i> • <i>Any Sports Science related books.</i> • <i>Following leaders within the Sports Science field on social media.</i> • <i>Download the BBC Sport app and use it to improve your knowledge of sporting issues.</i> 	Recommended websites <ul style="list-style-type: none"> • There is a wide variety of topics within the Sports Science industry and there are many websites that can be visited to gather more information. Research into the individual topic areas is essential. • Leaders within the Sports Science field post excellent articles and blogs on all social media platforms.
Preparation tasks <ul style="list-style-type: none"> • Topics covered include; Sport and Exercise Physiology, Functional Anatomy, Applied Sports Psychology, Coaching for Performance and Fitness, Specialised Fitness Training, Sports Massage and Sports Injury and Assessment. • You will not be expected to have an in-depth knowledge of these topics but knowing a little bit about them will help you to feel more confident when starting your studies. 	Recommended research <ul style="list-style-type: none"> • Visit the Pearson website and download the specification for the course. • If you have a career path in mind do some research on what your next steps will be after college. A large number of Sport and Exercise Science students go on to university to study a variety of disciplines.
Recommended trips or visits this summer	
<p>Your local library may have some good books that will give you an insight into the wide range of Sports and Exercise Science and topics that you will cover.</p>	
Tasks to complete <ul style="list-style-type: none"> • Do some research into the topics mentioned above. • Make sure you have any stationery you might need to start college: paper and pens, sports kit. • Think about any questions you may have for your enrolment interview or the start of the course. • If you want to gain a deeper understanding of the Football industry – you'll love this course! 	