RGS
NEWCASTLE

INTRODUCTION TO

# BTEC Sport & Exercise Science

at RGS



















## From September 2026, RGS Newcastle will offer the BTEC Level 3 National Diploma in Sport & Exercise Science - our first BTEC qualification - reflecting our commitment to innovation and to preparing students for the future.

**Why this change?**

After a full review of our Sixth Form curriculum, we identified that BTEC Sport & Exercise Science offers a deeper, more specialist preparation for sport-related degrees than A-Level PE, while maintaining the academic standards and ambition expected at RGS.

It provides stronger alignment with university requirements, including for sport science, physiotherapy and psychology, and reflects our commitment to innovation, opportunity and excellence.

Students at RGS will study the BTEC Diploma (equivalent to two A-Levels) alongside one A-Level of their choice, leaving with three Level 3 qualifications that universities and employers value.

- Academic excellence + real-world skills: continuous assessment, applied projects, and strong theory.
- Confidence in progression: widely accepted by UK universities (including Russell Group) for sport-related degrees.
- Designed for success: ideal for students who thrive in applied learning and want to build evidence of achievement over time.

# A DYNAMIC TWO-YEAR PROGRAMME

You'll explore anatomy, physiology, psychology, research methods and coaching - building a holistic understanding of performance, health, and behaviour in sport.

**Year 1 Highlights:**

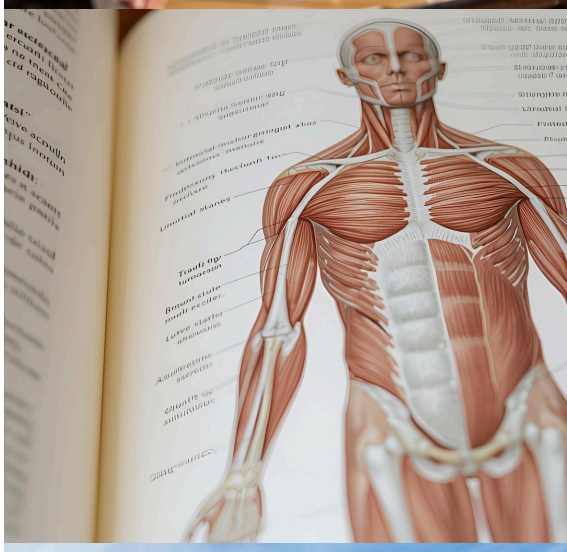
- Functional Anatomy (external exam in January)
- Coaching for Performance & Fitness
- Field & Laboratory-based Fitness Testing
- Optional unit: Sociocultural Issues or Specialised Fitness Training

**Year 2 Highlights:**

- Sport & Exercise Physiology (external exam in January)
- Applied Sport & Exercise Psychology (external exam in January)
- Applied Research Methods (controlled assessment)

Note: Students are not assessed on personal sporting performance; assessment focuses on scientific understanding, applied skills, and evidence-based practice.








**Introducing our first BTEC reflects RGS's commitment to innovation and opportunity. We're proud to lead the way in preparing students for tomorrow's challenges.**

*Mr Stanford, Headmaster at RGS*













# TEACHING, ASSESSMENT, AND SUPPORT

Assessment is 54 per cent coursework (portfolios, presentations, experiments, coaching) and 46 per cent external exams. This balanced structure reduces pressure on a single terminal exam and rewards consistent effort and independent study.

In Sixth Form, BTEC lessons total 20 per fortnight in Year 12 and 22 per fortnight in Year 13; your additional A-Level typically has 10–11 lessons per fortnight. Study periods support portfolio development and research.

**Teaching Team:**

- Led by Ms Andrea Lill (Assistant Director of Sport and PE)
- Quality Assurance overseen by Ms Polly Enevoldson (Quality Nominee)
- Mr John Wood (Lead Internal Verifier) will bring experience in programme delivery, compliance, and student success

**What makes the RGS delivery distinctive?**

- Taught by highly qualified PE and sports science staff with specialist expertise.
- Strong emphasis on research, analysis and scientific understanding.
- Extensive opportunities for applied learning in coaching, testing and performance environments.
- Clear progression support with tailored UCAS guidance.

# UNIVERSITY PATHWAYS & CAREERS

The BTEC Diploma in Sport & Exercise Science at RGS - combined with one A-Level - opens doors to degrees in Sport & Exercise Science, Physiotherapy, Coaching, Physical Education, Sports Psychology, and Sports Management, among others.

UK universities (including Russell Group institutions) accept BTECs, often with specific unit/grade requirements appropriate to each course.

RGS students will be guided to align choices with aspirations, strengthening UCAS applications with applied projects, coaching experience, and research skills that universities value.

**Careers Snapshot:**

- Performance analysis
- Coaching & talent development
- Health & fitness industry
- Sports development
- Teaching routes (post-degree)
- Research & applied physiology.

> **The BTEC Diploma is rigorous and rewarding. It suits students who want to immerse themselves in the science of sport while developing applied skills that employers and universities value.**
>
> *Ms Lill, Assistant Director of Sport (Programme Lead) at RGS*
















# THERE'S MORE TO LIFE AT RGS

RGS's co-educational Sixth Form is a vibrant community where girls and boys thrive together, building confidence through leadership, enrichment, and service. Our Complementary Studies programme broadens horizons beyond examination subjects, while clubs, teams, drama, and music add depth to your experience and friendships.

Our city-centre location offers easy access by public transport, making it simpler to balance study, training, and enrichment.

**Pairing Your BTEC:**
Popular combinations include A-Level Biology, Psychology, Business, or Photography - tailoring your pathway to your interests and progression goals.

> **Our aim is always to offer pathways that reflect the ambitions of our students. BTEC Sport opens doors to top universities and careers in health, fitness, and performance.**
>
> *Ms Enevoldson, Head of Sixth Form at RGS*

# QUICK FACTS & FAQS

**The Key Facts:**

- Qualification: BTEC Level 3 National Diploma (equivalent to 2 A-Levels) + 1 A-Level at RGS (total 3 qualifications)
- Assessment: 54% coursework • 46% exams • No practical performance grading
- Timetable: Y12 20 lessons/fortnight • Y13 22 lessons/fortnight
- Launch: First cohort September 2026

**Is BTEC "less academic"?**

- No. It's rigorous and respected - combining theory with applied learning and independent research.

**Is this a recognised route for top universities?**

- Yes. The BTEC Diploma studied alongside one A-Level is widely accepted by UK universities, including Russell Group institutions, particularly for sport science, physiotherapy and related degrees.

**How does the workload compare to A-Levels?**

- Students study 20–22 lessons per fortnight plus independent portfolio work. Continuous assessment helps students build their grade gradually rather than relying on a single final exam.

**Will my child still get academic breadth?**

- Yes - students pair the Diploma with one A-Level, as well as Complementary Studies and enrichment, ensuring a balanced Sixth Form experience.

**Is this right for me?**

- Ideal if you enjoy continuous assessment, applied projects, and have a clear interest in sport-related fields.

## SCAN HERE FOR FULL COURSE STRUCTURE, ASSESSMENT DETAILS AND FAQS



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**Whether analysing performance, understanding physiology, or applying psychological principles, discover the dynamic impact of sport and exercise science.**

**We look forward to helping you to explore your own pathway to performance and wellbeing, and to achieve your goals through science and sport.**

If you would like further information about BTEC Sport and Exercise Science at RGS Sixth Form please contact Mrs Andrea Lill, Assistant Director of Sport at A.Lill@rgs.newcastle.sch.uk

