Training Qualifications UK

Alternative Academic Qualification Factsheet

TQUK Level 3 Alternative Academic Qualification in Sport and Exercise Science (Extended Certificate)

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What are AAQs?

Alternative Academic Qualifications (AAQs) have been approved by the Department for Education (DfE). When combined with A Levels as part of a mixed-study programme, AAQs provide learners with a high-quality entry route into higher education with the added reassurance of allocated UCAS tariff points.

The purpose of the AAQ in Sport and Exercise Science is to provide learners with the applied scientific knowledge and skills necessary to support their progression to higher education and ultimately work within the sports science sector. The qualification provides learners with a strong foundation of knowledge and understanding of the fundamental scientific principles and practices of sport and exercise science and an appreciation of the disciplines that underpin them which complement theoretical concepts that are covered in the A Level curriculum.

This integrated approach will enable learners to gain a full understanding of academic principles and their practical application. This will showcase their ability to apply concepts and techniques and strengthen their university/college applications giving them a competitive edge.

The target age group

This extended certificate has been designed for learners aged 16-19 who wish to develop core knowledge and understanding of sport and exercise principles.

What will learners study?

This AAQ seeks to equip learners with an in-depth knowledge and understanding of the principles of sports and exercise science.

The extended certificate comprises five mandatory units as outlined in the following table:

Units
Unit 1. Anatomy and Physiology in Sport
Unit 2. Psychology in Sport and Exercise Science
Unit 3. Biomechanics
Unit 4. Nutrition in Sport and Exercise Science
Unit 5. Sports Injuries and Rehabilitation

The focus of the qualification

This extended certificate is equivalent to one A Level and may typically be completed as part of a two-year study programme.

Learners will study the fundamentals of anatomy by exploring the skeleton and its principal components. They will learn about the structure and function of bones and joints and the functionality of the muscular, respiratory, cardiac, and energy systems.

The psychology unit considers emotion in sports. Learners will explore the role of personality, motivation, and mental resilience for the sports performer. They will study the psychological factors that influence an individual's or a group's behaviour and their importance in sports performance.

Learners will explore biomechanics and gain an understanding of how the human body moves, examining its physiological response to internal and external forces to create or resist movement in a sporting context and the role of biomechanics on sports performance and injury prevention.

The Nutrition in Sport unit considers the approaches to maintain an athlete's body health to support their training and sports performance and their individual dietary and energy requirements.

The final unit explores common sports injuries, and the rehabilitation approaches used to support sports performers to a safe return to fitness and participation while minimising the risk of future injuries.

Total qualification time

An estimate of the overall time a learner will typically take to achieve and demonstrate the required level of attainment:

Qualification	Guided Learning Hours (GLH)	Direct Study	Total Qualification Time (TQT)
TQUK Level 3 Alternative Academic Qualification in Sport and Exercise Science (Extended Certificate)	360	40	400

Assessment

Assessments for this qualification are unitised and consist of an examined assessment (EA) and a non-examination assessment (NEA). The NEA will be released each year in September. The assessment weightings are:

Year	Unit	Assessment method
Year 1	Unit 1. Anatomy and Physiology in Sport	Examined assessment
	Unit 2. Psychology in Sport and Exercise Science	Non-examination assessment
Year 2	Unit 3. Biomechanics	Examined assessment
	Unit 4. Nutrition in Sport and Exercise Science	Non-examination assessment
	Unit 5. Sports Injuries and Rehabilitation	Non-examination assessment
Assessment weighting	**Examined assessment**	40%
	Non-examination assessment	60%

HE progression

The qualifications have been designed to support progression to higher education. They may support entry to the following degree programmes:

Degree programmes				
Biomechanics	Physical Education	Physiotherapy	Sport and Exercise Psychology	Sport and Exercise Science
Sport Management	Sport Studies	Sports Science, Coaching and PE	Sport Rehabilitation	Sport and Exercise Medical Science

Knowledge and skills and benefits for future study

This qualification is designed to provide learners with a strong, academic, and transferable skillset essential for studying at a higher level. Throughout the AAQ, learners will have the opportunity to develop written and verbal communication skills, proficiency in academic writing, critical thinking and analysis, time management skills, and the ability to carry out independent research.

These skills closely align with university expectations and will ensure that the learners are prepared for the rigour of higher-level study, where they can apply them at an advanced level.

This knowledge and skills development will be invaluable to learners wishing to further their studies in disciplines such as biomechanics, sport and exercise science, physiotherapy, and sports rehabilitation.

A Levels to complement this AAQ

The A Level subject areas that would complement this AAQ include Mathematics, Physics, Biology, Chemistry, Nutrition, Sociology, PE, and Psychology.

Combining the AAQ with A Levels in Mathematics, Chemistry, or Physics would introduce learners to the analytical and research skills required in a range of science disciplines such as biomechanics and kinesiology. This would be particularly relevant for degrees in biomechanics, sports performance, and sports and exercise science.

Studying the AAQ with A levels in Biology and Nutrition would be advantageous for learners interested in sports science. biomedical science, physiology, health, and nutrition-related fields. This combination provides a focus on how the body responds to exercise, injury, and diet.

Learners may choose to combine the AAQ with A Levels in PE and Sociology or Psychology. This would allow learners to explore human movement and sports training principles and develop a greater understanding of sociological factors such as human behaviour, motivation, and their societal impact. This combination would support entry to degrees in physical education, sports management, social policy, and sports studies.

More information

For further information about the TQUK Level 3 Alternative Academic Qualification in Sport and Exercise Science (Extended Certificate), please visit the TQUK website. If you're new to Training Qualifications UK, you can contact us by calling 03333 583 344 or emailing business.development@tquk.org.