



Peter Fidczuk
IB Global Centre, Cardiff
Peterson House, Malthouse Avenue
Cardiff Gate
Cardiff, Wales
CF23 8GL

Friday, 28 July 2023

Dear Peter

Recognition

I am writing to confirm the University of Leeds would accept the International Baccalaureate HL Certificate in Sports, Exercise and Health Science (AAQ) for entry onto the related programmes below, alongside two appropriate A Levels including any other subject specific requirements. This is subject to our annual review of qualifications suitable for entry to our courses. Please check [Course Search](#) for our most up to date entry requirements.

- Sport and Exercise Sciences BSc
- Human Physiology, Physical Activity & Health BSc
- Biomedical Sciences BSc

The qualifications listed above reflect those that can accept this qualification as meeting subject-specific requirements. Where any such requirements are met through A Levels, the AAQ can be considered as a third subject.

How the content aids progression to HE programmes in related subjects

We encourage applications from students undertaking Higher Level (HL) IB courses. We will consider applicants who present three HL courses, or a combination of HLs with A-Levels, in which case three unique subjects must be undertaken. Please note that subject-specific requirements may apply to some courses.

The IBO Level 3 certificate in HL Sports, Exercise and Health Science (AAQ) provides a firm foundation in the principles of human biology, physiology, nutrition, biomechanics and psychology allowing candidates to progress successfully to undergraduate courses where a knowledge of these subjects is a pre-requisite. The qualification content covers subject content which includes:

Exercise physiology and nutrition of the human body

- Inter-system communication: nervous and endocrine systems
- Maintaining homeostasis
- The cardiovascular and respiratory systems
- Water and electrolyte balance
- Fuelling for health and performance
- Energy systems - phosphagen, glycolytic and oxidative systems
- Maximal oxygen consumption (VO₂ max).
- HL Excess Post-exercise Oxygen Consumption (EPOC)
- Qualities of training and the benefits of being active.
- HL Fatigue and recovery



Biomechanics

- Anatomical position, planes and movement in planes and rotation along axes.
- HL Anthropometry
- Structure and function of connective tissues and joints and muscular function to create movement and stability
- HL The sliding filament theory
- Levers in movement and sport
- Forces, motion and movement
- Analysis of linear and angular motion using Newton's laws of motion.
- HL Momentum in collisions; friction, work
- The path of a projectile through air is determined by different factors and forces.
- HL Conditions affecting the external forces acting on an object. Forces, buoyancy, lift and drag acting on a body as it moves through a fluid. Bernoulli's principle and the Magnus effect.
- Movement analysis and its applications
- Causes of injury and susceptibility to injury
- Acute and cumulative trauma
- HL Chronic or overuse injuries relationship to technique
- Methods of lowering the risk of injury.
- Injury treatment and healing
- Treatment of concussion

Sports psychology and motor learning

- Understanding personality
- HL Social learning theory and personality change
- Mental toughness
- HL The theory of the "self-fulfilling prophecy"; Positive outcomes of mental toughness; Attribution theory
- Motor learning processes
- The psychological refractory period.
- Transfer of learning
- Proficient execution of specific skills and attentional focus.
- Achievement motivation and Need Achievement

Additionally, the qualification develops the key skills necessary for students to access undergraduate Sport and Exercise Sciences BSc and other undergraduate science courses:

- Experimental techniques
- The use of appropriate technology to collect, analyse and model data
- The use of mathematics

In our undergraduate courses we expect our students to take an inquiring approach to their studies. The IBO Level 3 Certificate in HL Sports, Exercise and Health Science (AAQ) qualification supports this aspect through its inquiry process through which candidates demonstrate independent thinking, initiative, and insight through the following:

- Exploring and designing
- Collecting and processing data

Concluding and evaluating



Current recognition of similar qualifications

We currently accept the full International Baccalaureate Diploma. We also accept HL Diploma Courses in lieu of A Levels, provided any specific level 2, English or subject specific requirements have been met from other recognised qualifications.

The University uses the following equivalence scale to compare the IBO Level 3 Certificate in HL (AAQ) to A level Sports, Exercise and Health Science:

IBO Level 3 Certificate in HL Sports, Exercise and Health Science (AAQ) grade	A Level Sports, Exercise and Health Science grade
7	A*
6	A
5	B
4	C

The University of Leeds is registered with the Office for Students.

We understand that this letter of support will be publicly available via IBO's MyIB Portal for as long as we recognise the qualification. We are happy for a copy to be shared with the DfE.

I have consulted with the relevant faculties, and we have agreed this at our Admissions Group meeting and have the authority to sign on behalf of our institution.

Yours sincerely,

Professor Jeff Grabill

Deputy Vice-Chancellor: Student Education