



BTEC Sport – Level 3 Extended Certificate

Awarding Body: Pearson

Level: Level 3 BTEC

Introduction

This course offers students a broad basis of study in the sports sector. The qualification is designed to support progression to higher education, when taken as part of a programme of study that includes other appropriate BTEC Nationals or A-Levels.

Today's BTEC Nationals are demanding, students will have to complete a range of units which cover a range of assessment styles - assignments including written and practical activities, examinations and tasks. The course covers topics that include anatomy and physiology, fitness, health and training, sports psychology and the sports industry. Students need to be organised, independent and motivated with a keen interest in sport and its associated industries.

Students will complete 4 modules over the 2-year course.

Year one content

Unit 2 – Fitness Training and programming for Health, Sport and Well-Being

Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being. This unit is assessed as a task, in exam conditions. Students are able to prepare information for the exam, based on a pre-released scenario.

Unit 3 – Professional Development in the Sports Industry

Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal audit, career action plan and practical interview assessment activities.

Year two content

Unit 1 - Anatomy and Physiology

Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.

Unit 6 – Sports Psychology

Students explore theories based around group and performance psychology before developing a psychological training programme for a client. Students then analyse the success of the training programme. This module is assignment based.

What you need

At least a grade 4 in GCSE P.E. or if not taken a grade 4 in GCSE Biology, or a grade 4/4 in Combined Science, or distinction in BTEC Science.

Career and further study

This course has been developed in collaboration with universities and industry, it prepares students for a life in higher education or as a basis for entry into the work place or apprenticeships. The sports industry is vast and growing and this course provides students with links to careers including Sports Coaching, Sports Therapy, Sports Science, Sports Development, Sports Psychology, The Leisure Industry, Leisure Management, PE Teaching and Personal training.

Trips and other costs

You are expected purchase your own textbooks and revision guides.