

**FURZE  
PLATT**  
SENIOR SCHOOL



**6<sup>TH</sup> FORM OPTIONS EVENING**

**BTEC NATIONALS, EXTENDED  
CERTIFICATE IN SPORT**

**DAVID RANDALL**

# Welcome.

- What are BTEC Nationals and A-Levels?
- Structure and Content of the courses.
- What are your options after successfully completing a BTEC National or an A level.

# What are BTEC Nationals?

- Vocational Courses developed with teachers, employers and universities.
- BTEC Nationals combine up-to-date industry knowledge with the right balance of the practical, research and behavioural skills students need to succeed in higher education and their careers.

# What are BTEC Nationals?

- BTEC National in Sport uses a combination of assessment styles to give students the confidence that they can apply their knowledge to succeed in the work place – **AND** have the study skills to continue learning on higher education courses at universities.

# Structure and Content

## Assignments

Set and Marked by  
Furze Platt School

Students carry out set tasks, creating an evidence portfolio to support a work related scenario.

1 Mandatory Unit 3  
+ 1 Optional Unit

Mandatory Units 3, 4 &  
23  
+ 3 optional

## Tasks

Set and Marked by  
Exam Board

Students complete, in exam conditions, a task tackling an every day challenge which draws on pre released material.

Mandatory Unit 2

Mandatory Units 2 &  
23

## Written Exam

Set and Marked by  
Exam Board

Short and long answer questions assessing understanding of anatomy and physiology.

Mandatory Unit 1

Mandatory Unit 1

# Structure and Content

## Assignments

Number of tasks set and marked by Furze Platt School

### **Unit 3 – Professional Development in the Sports Industry (Mandatory)**

Career development action planning

Job Applications

Interviews and selected career pathway-specific skills.

#### **1 x Optional Unit selected from.....**

Sports Leadership

Application of Fitness Testing

Sport Psychology

Practical Sports Performance

# Structure and Content

## Tasks

8 hours study of pre-released material followed by a two hour written assessment in exam conditions.

## **Unit 2 – Fitness Training and Programming for Health and Sport (Mandatory)**

Lifestyle factors and their effect on health and wellbeing

Screening processes for training

Understanding nutritional needs

Training methods for different components of fitness

Training programme design

# Structure and Content

Examination 1hr 30min

## Unit 1 – Anatomy and Physiology (Mandatory)

Skeletal system

Muscular system

Respiratory system

Cardiovascular system

Energy systems



# Entry Requirements

At least a grade 4 in GCSE P.E.

or

if not taken a 4 grade in GCSE Biology or in double award science

or

distinction in BTEC Science.

Students need to be .....

**Organised** – They will have to meet deadlines!

**Independent** – They will be expected to research different topic areas.

**Interested** – They need to have a keen interest in Sport, Science and related industries.

# What Next?

- Higher Education Application – Sports studies, Sports Science, Sport Therapy, Physiotherapy, Leisure Management, Recreational, Sports Science, Management.
- Apprenticeships.
- Future Careers – Coaching, Teaching, Leisure industry, Education, Sports Therapy.