

**FURZE
PLATT**
SENIOR SCHOOL



6TH FORM OPTIONS EVENING

**BTEC NATIONALS, EXTENDED
CERTIFICATE IN SPORT**

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.

Scan the QR code to take you to the specification



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

<p>Pearson BTEC Level 3 National Extended Certificate in Sport</p>	<p>360 GLH (445 TQT) Equivalent in size to one A Level. 4 units of which 3 are mandatory and 2 are external. Mandatory content (83%). External assessment (67%).</p>	<p>A broad basis of study for the sport sector. This 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.</p>
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Unit (number and title)	Unit size (GLH)	Extended Certificate (360 GLH)
1 Anatomy and Physiology	120	M
2 Fitness Training and Programming for Health, Sport and Well-being	120	M
3 Professional Development in the Sports Industry	60	M
4 Sports Leadership	60	O
5 Application of Fitness Testing	60	O
6 Sports Psychology	60	O
7 Practical Sports Performance	60	O

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

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

Written Exam

Set and Marked by
Exam Board

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

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

An example

In your local area a new sports centre is about to open. The

Vocational Scenario or Context

As a student actively involved in sport, and looking to become involved in coaching as a career option, you have been asked by a local sports club to investigate the group dynamics in operation within a specific team in the club. The club in question have recently had a number of poor results and teamwork has regularly been identified as a potential limiting factor in the team's performance. As a result of your report the club are looking to incorporate strategies to improve the group dynamics and hopefully future performances.

leisure centre which reflects your own qualifications and experiences.

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

Part A example

Part A Instructions

You are required to prepare notes in response to the information provided in the case study in **Part A**.

The notes can be handwritten or typed and they must contain bullet points and not extended answers. Other content is not permitted.

Part A

Case study

Alan is 70 years old and has recently retired from a busy career of being a managing director, which took up a lot of his free time. Alan now has more spare time and would like to use this to return to his childhood passion of playing tennis.

However, Alan has not taken part in regular exercise for many years. He is worried about whether he will be able to cope with the demands of the sport and the impact that it will have on his body.

Alan has been advised to have a full health screening assessment before he undertakes any form of exercise. Alan is aware that regular exercise will also help him in other aspects of his lifestyle and wellbeing that need to change.

Alan would like to improve his general fitness levels and participate in physical activity regularly for fun and enjoyment.

Taskbook

Please do not write answers outside the spaces provided.

Write your answer in the space provided.

- 4** Propose and justify different training methods that meet Alan Turner's training needs. (8)

Structure and Content

Examination 1hr 30min

Unit 1 – Anatomy and Physiology (Mandatory)

Skeletal system

Muscular system

Respiratory system

Cardiovascular system

Energy systems

Figure 3 shows Imran's distribution of blood flow at rest and during the rugby game.

90

15 Describe the process of aerobic glycolysis.

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.....

.....

.....

.....

Skin

Non-essential organs
e.g. gut

Muscles

Body part



Blood distribution % at rest



Blood distribution % during rugby game

Figure 3

(c) Analyse, using Figure 3, the changes in distribution of Imran's blood flow to his skin, non-essential organs and muscles when playing rugby.

(6)

Entry Requirements

An average of 4 across 8 highest GCSEs including English & Maths. At least a grade 4 in GCSE P.E.

or

if not taken a 4 grade in double award science

or

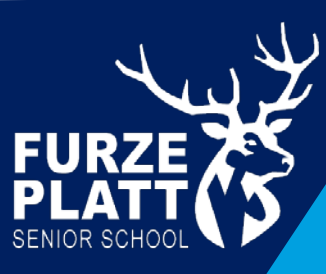
distinction in BTEC Science.

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.



Exemplar BTEC questions

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.