

BTEC LEVEL 3 SPORT

Areas of Study...

The BTEC Level 3 National Extended Certificate in Sport is designed to develop the key knowledge, understanding and practical skills essential within the sports industry.

Developing an understanding of the human body and how it is affected by physical activity, the health and safety factors involved in sports participation, the key principles involved in the coaching process, the fitness requirements and training methods needed for different sports as well as how to create fitness training programmes.

Student aptitude and entry requirements

Students are expected to have performed to at least a Merit or a B grade in their relevant BTEC or GCSE PE course.

GCSE grades of at least a B are also highly recommended in English and Science.

An active role in competitive sport inside and outside of school is highly desirable.

Assessment

Unit 1 – Principles of Anatomy and Physiology

(GLH = Guided Learning Hours)
120 GLH (Externally assessed online 1 hour 30 min exam)

Unit 2 – Fitness Training and Programming for Health, Sport and Well-being

120 GLH (Externally assessed assignment)

Unit 3 – Professional Development in the Sports Industry

60 GLH (Internally assessed assignments)

Unit 4 – Sports Leadership

60 GLH (Internally assessed assignments)
(Unit choice depends on cohort).

Units of work are assessed using grades:
Pass, Merit, Distinction.

Future Careers

The course can lead to a career in sports coaching, leisure management, fitness instructing, PE Teaching and to other further education courses (University or College).

There is also the possibility of studying the BTEC Level 3 Diploma in Sport and Excellence. This is the equivalent of two A Levels (720 GLH).

See Mrs Bowker for further details.

