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FORM

Subject Information Sheet



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BTEC Level 3 Extended Certificate

Sport



What is the BTEC National Extended Certificate?

This course provides a comprehensive introduction to the study of Sport. You will develop an understanding of the sports industry by exploring the different skills required for different career pathways into the industry.

Additionally, you will study Fitness Training as well as the Anatomy and Physiology of the body. The course is designed for students who aim to progress to higher education and ultimately to employment, possibly in the Sports Industries.

Course Content and Assessment:

4 units of which 3 are mandatory

Mandatory Units (83%)

External Assessment (44%)

- An external exam in Anatomy and Physiology
- An external task, written under exam conditions, relating to Fitness Training and Programming for Health, Sport and Well-being
- Internally assessed coursework, consisting of written assignments, presentations and practical assessments

Course Overview:

Unit 1: Anatomy and Physiology

In order to appreciate how each of these systems function, you will explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance.

Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing

You will explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.

Unit 3: Professional Development in Sport

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 skills audit, career action plan and practical interview assessment activities.

Unit 5: Application of Fitness Testing

In this unit, you will explore the principles of fitness testing and examine the factors affecting the selection and administration of tests, including validity, reliability and suitability of tests. You will explore a range of laboratory and field-based fitness tests and the administration process of each fitness test.

Learning Methods:

A range of Teaching methods, materials and activities are used to make the subject interesting, engaging and stimulating. With a focus upon developing practical and people skills throughout the course enabling the students to succeed. This course is designed for individuals with a genuine interest in sport and good sporting general knowledge, as much of the course will involve linking the theory learnt to sporting examples.

Career Opportunities:

This qualification will enable you to access a wide range of courses related to the sports industry in higher education Related jobs: Sports Centre/Leisure Centre Sports Coaching Sports Development Outdoor and Activity Centres. University and Higher Education: This course could lead to degrees or BTEC Higher National

Entry Requirements:

- Grade 4 or above in English and Maths.
- L2 qualification or equivalent in a sport/PE based subject.

Staff Contacts

Mrs McCarthy - Assistant Headteacher Key Stage 5

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Mr Earley - KS5 Subject Teacher



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