

BTEC Pearson BTEC Level 3 National Extended Certificate in Sport

EXAM BOARD: Pearson BTEC

What does the course cover?

Mandatory units- all three units must be taken:

Unit 1 Anatomy and Physiology

Unit 2 Fitness training and programming for health, sport and wellbeing

Unit 3 Professional Development in the sports industry

Plus one optional unit

What skills will the course help you develop?

As well as learning a range of industry-standard fitness testing, training and health-related development skills, studying Sport will enable you to acquire some key transferable skills, valued by both employers and higher education providers. These include: critical thinking and problem-solving; communicating, collaborating and influencing; as well as presentation, research, effective writing and analytical skills.

How is the course assessed?

Equivalent in size to one A-Level. Four units of which three are mandatory. Two of the three mandatory units are externally assessed. Mandatory content (83%). External assessment is 67%.

The course is assessed through a combination of externally assessed (58%) and internally-assessed units.

Unit 1: Anatomy and Physiology written exam Short and long answer questions assessing understanding of anatomy and physiology and how the different systems of the body can affect sports performance.

Unit 2: Fitness Training and Programming for Health, Sport and Well-being pre-release task

Students will interpret lifestyle factors and health screening data to create and justify a fitness training programme. Learners will need to develop and justify a training programme that meets the needs of a specific client.

Further unit content is not yet available.

What are the entry requirements?

Students wishing to study BTEC Sport should have at least 7 GCSEs A*-G. Good GCSEs in English, Maths and Science (A*-C) are desirable due to the demands of the course content and significant external (exam and task-based) methods of assessment.

What do students who study this course go on to do?

This course of study can progress onto the Foundation Diploma, which has a further three units and a total of 540 learning hours.

The qualification carries UCAS points (see UCAS website for full details) and is recognised by a number of higher education providers when combined with other Level 3 subjects, including A-Levels, which are both science and non-science related. (Always check specific entry requirements.) The course also supports learners entering direct employment, or via an apprenticeship, in a range of sectors including the applied science sector. This can lead to occupational areas such as biomedical science, environmental science, analytical and forensic science, as well as other non-science related employment areas.

Who is the staff contact for BTEC Sport?

Mr Wootton