

# SPORT

**QUALIFICATION:** BTEC LEVEL 3 EXTENDED CERTIFICATE  
(1 A LEVEL)

BTEC Sport is one of the most popular courses on offer in the Sixth Form, as pupils have the opportunity to complete both theory and practical Units. This involves coaching younger pupils within the school and at local primary schools, as well as learning to understand how the body responds to exercise.

## ENTRY REQUIREMENTS:

The equivalent of three, 4-9 grades at GCSE.

It is not essential to have completed a sport-related course prior to completing this qualification.

## HOW COURSE IS ASSESSED:

The course involves an exam which counts for 58% of the final mark, as well as a written piece of coursework completed as part of a Controlled Assessment for Unit 2. Assignments for Unit 3 and 7 take the form of written coursework, individual/group presentations and poster and leaflet designs. Pupils have 2 attempts to complete each piece of work in order to achieve the highest grade possible.

## WHERE NEXT?

On successful completion of a BTEC Extended Certificate, a student can progress to or within employment or continue their studies at University.

## JOB OPPORTUNITIES:

This qualification provides job opportunities within coaching, teaching, fitness instructing, sports development and leadership.

## COURSE CONTENT:

Pupils complete 4 Units covering a range of topics from understanding how the body works, to principles of training and coaching pupils of a younger age.

### Unit 1 - Anatomy and Physiology:

Pupils will explore the structure and function of the skeletal, muscular, cardiovascular and respiratory systems and also to learn the fundamentals of the energy systems. This unit will give you the detailed core knowledge required to progress to coaching and instruction in the sports industry or further study. Pupils will complete a 1 and a half hour exam at the end of Year 12.

### Unit 2 - Fitness Training and Programming for Health, Sport and wellbeing:

To work in the health and fitness industry, staff need to know how to assess clients and then be able to plan appropriate training programmes to take into account individual needs. In this Unit, pupils will explore the process required for screening clients and assessing their lifestyle and nutritional intake. How to interpret this information will then be examined. From this information, pupils will explore how to make judgements on a specific individual's current lifestyle and then suggest modifications to help improve the individual's fitness, health and overall well-being.

### Unit 3 - Professional development in the Sports Industry:

Pupils will have the opportunity to research the different possible careers and the associated job roles in the sports industry.

### Unit 7 - Practical Sports Performance:

This Unit gives you the opportunity to improve your own knowledge and practical ability in a selection of individual and team sports. You will develop your own practical performance in selected sports, focusing on the application of skills, techniques and tactics and reflecting on your performance.