

Sport

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

The BTEC Level 3 Diploma in Sport broadens and expands upon the important notions and concepts introduced within the Extended Certificate. The aim of the course is to develop and further enhance understanding and application of the human body and how it is affected by the physiological, psychological, tactical and technical demands within Sport.

These courses can lead to a career in sports coaching, leisure management, fitness instructing, PE teaching or further study at college or university. An active role in competitive sport inside and outside of school is highly desirable.

ASSESSMENT and CONTENT

The Extended Certificate course is four units over two years and is equivalent to one A Level. The Diploma is nine units over two years and is equivalent to two A Levels.

Foundation Diploma
 1 Unit - examination
 1 Unit - controlled assessment
 2 Units - coursework

Extended Diploma
 1 Unit - examination
 2 Units - controlled assessment
 6 Units - coursework

Units that could be studied as part of the programme:

Anatomy and Physiology	Fitness Training and Programming for Health, Sport and Well-being
Sports Leadership	Professional Development in the Sports Industry
Sports Psychology	Application of Fitness Testing
Practical Sports Performance	Coaching for Performance
Research Methods in Sport	Sport Event Organisation
Research Project in Sport	The Athletes Lifestyle
Technical and Tactical Demands of Sport	Rules, Regulations and Officiating in Sport
Sports Performance Analysis	Work Experience in Active Leisure

The course requirements...

Merit or higher in BTEC Sport or Grade C/5 or higher in GCSE PE. Also a grade C/5 or higher in GCSE English.