

BTEC Sport Diploma level 3

Board and Specification: **Pearson BTEC Level 3 National Diploma in Sport**
Head of Physical Education: **Mr L. Helme** (l.helme@cwlc.email)

Subject specific entry requirements:

- Grade 5 in GCSE Double Award science (Higher Tier).
- Grade 5 or above in GCSE English Literature and/or English Language.
- Grade 5 or above in GCSE Mathematics
- Grade 5 in GCSE Physical Education or M2 in Cambridge National Sport

What skills are required of students?

- An interest in developing specialised fitness training plans and evaluating their effectiveness
- An understanding of the physiological systems and how they interrelate to enable our bodies to produce an effective sports performance.
- An understanding of the careers and job opportunities in the sports industry.
- An understanding of fitness testing methods and how to apply them.
- Recognise the qualities of a good leader, acknowledging how these skills and techniques apply to different roles.
- Understanding the signs and symptoms of sporting injuries and apply the appropriate treatment to support rehabilitation.
- Understand how the sport and active leisure industry operate, and respond to trends within the industry.
- Awareness of sports performance and how skilled performers refine and develop their skills.
- A secure comprehension of the historical development of rules and regulations of sports and the ability to implement the relevant rules whilst officiating.

Course Outline

The National Diploma in Sport will build on the knowledge and understanding previously acquired at GCSE level or Cambridge National Sport Science. The content of the course will address anatomy and physiology, fitness training and programming for health, sport and well-being, professional development in the sports industry, fitness testing, sports leadership, investigating business in sport and the active leisure industry, skill acquisition, rules, regulations and officiating in sport and sports injury management.

Topics that are covered include:

Anatomy and Physiology (Unit 1)

Learners will explore how the anatomy of the cardiovascular, respiratory, skeletal and muscular systems function to produce movements in sport and exercise.

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

Learners will develop the knowledge and ability to conduct health-screening, plan, deliver and evaluate training programmes for team and individual sports performer.

Professional Development in the Sports Industry (Unit 3)

Learners will explore the knowledge and skills required for different career pathways in the sports industry.

Application of Fitness Testing (Unit 5)

Learners will explore the principles of fitness testing and examine the factors affecting the selection and administration of tests, including validity, reliability and suitability.

Investigating Business in Sport and the active leisure industry (Unit 22)

Learners investigate how business operates in the sports and active leisure industry and how it responds to trends and other influences to meet the needs of clients and to benefit the business.

Rules, regulations and officiating in Sport (Unit 25)

Explore the historical development of the rules and regulations in a selected sport, and apply them while officiating.

Sport Leadership (unit 4)

Learners will study what makes a good leader the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.

Sport Injury Management (unit 17)

Learners will explore the signs and symptoms of sport injuries, application of basic treatments and rehabilitation methods, injury risk factors and injury prevention.

Skill Acquisition (Unit 23)

Learners study the factors that contribute to a skilled performance in sport and examine how sports performers learn and develop their skills.

Modules titles and codes:**BTEC Level 3 National Diploma in Sport**

Anatomy and Physiology (Unit 1) – 1.5 hour written paper - unit size 120 (externally assessed)

Fitness Training and Programming for Health, Sport and Well-being (Unit 2) – set tasks completed under prescribed time constraints (2.5 hours) - unit size 120 (externally assessed)

Professional Development in the Sports Industry (Unit 3) - assessed coursework unit - unit size 60

Sports Leadership (Unit 4) – assessed coursework unit – unit size 60

Application of Fitness Testing (Unit 5) - assessed coursework unit - unit size 60

Sports Injury Management (Unit 17) – assessed coursework unit – unit size 60

Investigating Business in Sport and the active leisure Industry (Unit 22) – set task completed under prescribed time constraints (up to 3 hours) – unit size 90 (externally assessed)

Skill Acquisition in Sport (Unit 23) – assessed coursework unit – unit size 90

Rules, Regulations, and Officiating in Sport (Unit 25) – assessed coursework unit – unit size 60

What kinds of work will you do in class and at home?

- Class work will predominantly involve 'theory work' looking at the key elements of the course.
- Students will be required to do a large amount of background reading to gain further understanding of the context of sport within the rapidly growing industry,

from a vocational perspective.

What other A-levels does your subject connect well with?

BTEC Level 3 National Diploma in Sport would be suited to students who are also studying A-level Biology, A-level Business Studies, A-level Psychology, A-level Sociology and A-level Geography. However, the key here is for students to select an additional course that they have an interest in as the diploma course has a broad range of topics, therefore, cross curriculum links can be found with most subjects.

What types of university course will be helped by this qualification?

BTEC Level 3 National Diploma in Sport will assist with applications for multiple sports related courses at university both practically and theoretically based. Many students studying this course have progressed onto University courses reading nursing, paramedic science, physiotherapy, midwifery, as well as a broad range of sport science and teaching courses.