

Sport BTEC Level 3 Extended Certificate

Board and Specification: **Pearson BTEC Level 3 National Extended Certificate 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.

Course Outline

The National Extended Certificate 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 and fitness testing.

Topics that will be 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.

Professional Development in the Sports Industry (Unit 3)

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

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.

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.

Modules titles and codes:

BTEC Level 3 National Extended Certificate in Sport

Anatomy and Physiology (Unit 1) – 1.5 hour written paper - unit size 90 (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

Application of Fitness Testing (Unit 5) - 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.
- Written reports and presentations will form the main assessment methods for coursework units.

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

BTEC Level 3 National Extended Certificate in Sport would be suited to students who are also studying A-level Biology, A-level Business Studies, A-level Physiology, A-level Sociology, A-level Mathematics and BTEC Level 3 Health and Social Care. However, the diversity of the course links with many subjects we offer.

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

BTEC Level 3 National Extended Certificate 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 studying nursing, paramedic science, physiotherapy, midwifery, as well as a broad range of sport science and teaching courses.