



BTEC Level 3 National Extended Certificate in SPORT

Exam Board: Edexcel

Why should I study the course?

The course is equivalent to 1 A Level. This course is suited to students who have an interest in sport and wish to study their interests to a deeper level.

Course outline

Unit 1 – Principles of Anatomy and Physiology in Sport

You will learn about the skeletal system, muscular system, cardiovascular system and different energy systems

Unit 2 – The Physiology of Fitness

You will learn about the body's responses to exercise (short and long term) and will collect your own data recording your bodies responses and analyse it

Unit 3 – Assessing Risk in Sport

You will learn about different legislation that makes sport safe, complete your own risk assessments and create plans to make participation in sport safe

Unit 7 - Fitness Testing for Sport and Exercise

You will learn about the components of physical fitness, health questionnaires/screening and will participate in different fitness tests and compare your results to national data

Unit 9 - Practical Individual Sports

You will learn about skills, techniques and tactics in two individual sports, demonstrate these skills/tactics practically and evaluate your strengths/weaknesses

****You will also complete two further units which will be confirmed upon starting the course.***

How is the course assessed?

The course is 100% coursework and assignments will be a mixture of essays, PowerPoint and oral presentations and written reports. In most of the units you will have the opportunity to participate practically in a sport or activity and the linked assignment for example could be based on a self-analysis of your performance in that sport/activity.

What career opportunities will I have?

The BTEC Level 3 Subsidiary Diploma in Sport acts as an entry requirement for sports related degrees such as Sports Science, Sports Coaching, Sports Journalism, Physiotherapy, Sports Marketing and Physical Education teaching courses. It can also be used as entry to wide range of other degrees.

Further career opportunities include; Working in a leisure centre/gym, becoming a personal trainer, sports coach, sports massage.

Entry requirements

The minimum requirement for Level 3 BTEC Sport is a grade B in English. A GCSE pass in Physical Education and a keen interest in sport are also desirable.