



# Pearson BTEC Level 3 National Extended Certificate in Sport (360 GLH) 601/7218/6

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## Course Outline:

### Do you have a desire to understand:

- How the body adapts and changes to exercise?
- How to monitor, evaluate and improve performance?
- What are the career opportunities in the sports industry?
- How drugs and lifestyle choices affect your performance?

### Opt for BTEC Sport to find out the answers.

BTEC Sport gives students an in depth knowledge of how the body works, adapts and improves through regular exercise. Candidates will study how this can be monitored and tested, leading to higher levels of performance.

There will be research into the factors affecting participation, the effect of drugs and diet on performance, lifestyle choices and how they can have an impact on a person's health. There will also be assignments which require students to observe and analyse performances, feeding back to create performance profiles.

The way the course is structured allows for staff to guide the students through the learning tasks, creating portfolios and projects which will mainly be assessed by the teaching staff. Its format will lead to teaching and learning being delivered in both practical and theory based sessions. All work will be monitored and suggestions for improvement will be given.

The course will prepare all the candidates for possible career paths within the sport and leisure industry. This could include working within sports provision, teaching, leisure management, coaching as well as many other career paths which do not involve sport. The development of transferable skills including: decision making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking and acting under pressure are exciting benefits of choosing this course.

## Assessment Framework:

All candidates will complete 4 units. 2 units will be internally assessed and externally moderated. The other 2 units will be assessed in formal written exams.

### The Body Systems (Anatomy & Physiology)

This is a compulsory unit which is worth one third of the final grade. This unit will have a formal written exam.

### Fitness Training & Programming for Health, Sport and Well-Being

This is a compulsory unit which is worth one third of the final grade. This unit will have a formal written exam.

### Professional Development in the Sports Industry

This is a compulsory unit which is worth one sixth of the final grade. This will include written coursework.

### Application of Fitness Testing

This unit is worth one sixth of the final grade. This will include written coursework.

## Course Entry Requirements:

Full course GCSE Physical Education 5

OR if not studied before,

GCSE Biology 5 (Science 5/5) and English Language 5

## Why Study BTEC Sport?

Physical Education provides a suitable foundation for study in both Physical Education and Sports Studies/Science at degree level. Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology and many more. The specification provides an excellent base for those intending to pursue careers in teaching and coaching, sports development, the leisure industry, physiotherapy, personal training and professional sport.