BTEC SPORTS

Exam Board: Edexcel BTEC Level 3 Extended Certificate (2 years)

Entry Requirements: Grade 4 in English & Maths.

COURSE SUMMARY

Unit 1: Anatomy and Physiology: assessed with a traditional written test at the end of year 12. Areas of study; Skeletal system, Muscular system, Respiratory system, Cardiovascular system, Energy systems.

Unit 2: Professional Development in the Sports Industry: assessed with internal coursework. Areas of study; Understand the career and job opportunities in the sports industry, explore own skills, using skills to inform a career development action plan, to demonstrate the processes that can lead to a successful job offer in a selected career pathway, and reflect on the recruitment and selection process.

Unit 3: Fitness Training and Programming for Health, Sport and Well-being: assessed with externally set coursework. Areas of study; effects of lifestyle choices on an individual, fitness principles and theory, lifestyle, nutritional requirements and training methods to an individual's needs and goals. Be able to develop a fitness training programme.

Unit 5: Application of fitness testing: Assessed through internally set coursework and practical application. Areas of study include the principles of fitness testing, administration of fitness tests, analysing and evaluating results. Students will develop practical skills in conducting a range of fitness assessments for different components of fitness.

SKILLS/ADDITIONAL INFORMATION

For all courses students are required to have an interest in the practical application of a variety of sports and the theoretical concepts of sport. It is not essential to have studied GCSE PE or Level 2 BTEC Sport to take this course. Trips: Work with local primary schools and sports events.

PROGRESSION/CAREER CHOICES

Sports BTEC is an excellent qualification for any student who wants to go into Sports Science or PE at university. The course encourages students' independent learning, improves fitness and develops employability skills.

ASSESSMENT/EXAMINATION

Assessment is through coursework that is set and marked on a regular basis throughout the year. Students assignments are marked at one of three levels; pass, merit or distinction.

Level 3 Extended Certificate (1 A Level equivalence)

Year 12: Unit 2: Fitness Training and Programming for Health, Sports and Well-Being. The task will be set and marked by Pearson.

Year 12: Unit 5: Application of fitness testing - This is assignment based and it is an internally assessed unit.

Year 13: Unit 1: Anatomy and Physiology - 1 hour 30-minute exam that will contain a mix of short and long answer questions). The paper will be set and marked by Pearson.

Year 13: Unit 3: Professional Development in the Sports Industry. This is assignment based and it is an internally assessed unit.

STAFF CONTACT:

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