

BTEC Level 3 National Diploma in Sport

Course description

BTEC Level 3 National Extended Certificate in Sport is a course suited to those students who are interested in further studies, or a career in sports. This course is equivalent to two A-levels and will cover a total of 9 units. Students will complete a combination of both practical and theory elements, and will gain a deeper understanding of topics such as Anatomy and Physiology, Fitness Training and Programming for Health, Sport and Well-being, Professional Development in the Sports industry, Sports leadership, Business of Sport, and Skill Acquisition. The course has a mixture of both internal and external assessments over the two years. Students will also select a further three optional units.

Course content

Anatomy and Physiology- This unit looks at the physiology side of sport. Students will explore the different body systems such as the Skeletal, Muscular and Cardio-respiratory system.

Fitness Training and Programming for Health, Sport and Well-being- Here students will look at designing a training programme to suit an individual's needs.

Professional Development in the Sports industry-This unit explores the array of opportunity available in the sporting industry.

Sports Leadership- This topic explores the coaching side of sports and allows students to develop their leadership knowledge and skills.

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

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

Students will also select three more optional units.

Entry requirements

Standard Professional Advanced entry requirements of 3x Grade 5+ including English and/or Maths. A background in Sport is also desirable (BTEC Sport level 2 or GCSE PE).

Assessment

Anatomy and Physiology- External exam



Fitness
Training



and



Programming for Health- Controlled
assessment

Sport and Well-being, Professional Development in the Sports industry- Internal assessment

Practical Sports Performances- Internal assessment

Business in Sport- Controlled assessment

Skill Acquisition- Internal assessment

The three optional units will be internally assessed.

Future opportunities

BTEC Sport leads to many future career opportunities. These include Coaching, Physiotherapy, Teaching, Medicine, Sporting Media opportunities, Outdoor education instructor and many more.