

BTEC Level 3 National Extended Certificate 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. Through a combination of both practical and theory elements, students will gain a deeper understanding of Anatomy and Physiology, Fitness Training and Programming for Health, Sport and Well-being, Professional Development in the Sports industry, and finally Practical Sports Performances. The course has a mixture of both internal and external assessments over the two years.

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.

Practical Sports Performances- Students will develop their knowledge and understanding of a variety of sports, and look at the rules, regulations and scoring systems used. They will also take part practically and look at ways to further develop their skills in a team and individual sport.

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



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.