



# BTEC SPORT

## Level 3 Extended Certificate/Foundation Diploma or Extended Diploma

### Aims of the course:

*More and more people are choosing to complete BTEC qualifications why is this?*

The BTEC courses that we offer will prepare you for further study either in higher education or for work in the sports industry.

### How much practical sport will I complete?

BTEC courses are practically based and require a lot of participation in sports, sports coaching, fitness testing procedures and fitness training. However, to support these practical elements you will be required to complete class tasks, log books and assignments to demonstrate your understanding of the skills covered.

### How will I be assessed?

- Unit 1 - Written Exam - 90 minutes - Anatomy & Physiology
- Unit 2 - Controlled Assessment Task - Fitness Training
- Unit 19 - Controlled Assessment Task - Sports Development
- Assignment Work - Internally Assessed Coursework

### What are lessons like?

Theory lessons can be either teacher or student led and involve discussion, group work and presentations. Learners are expected to complete class tasks that may be part of their assessment. Practical lessons will be both student and teacher led.

### Course content:

Practical Units
<p>Here is an example of some of the practical units that learners will study:</p> <ul style="list-style-type: none"> <li>• <b>Practical Sports</b> – learners will be expected to undertake a wide range of team, racket and individual sports</li> <li>• <b>Sports Leadership</b>– learners will devise and lead sessions to deliver to both their peers, other students within the school and primary school children</li> <li>• <b>Application of Fitness Testing</b> – learners will be taught how to conduct and record the results of a variety of fitness tests on clients. Learners themselves will have to complete each test on a number of occasions</li> </ul>
Theory Units
<p>Learners will study a variety of theoretical concepts including; sports psychology, sports development, research methods and many other areas of interest and importance in sport and physical education.</p>

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### Mandatory Units – Sport

- Unit 1 : Anatomy & Physiology
- Unit 2 : Fitness Training and Programming for Health, Sport & Well-Being
- Unit 3 : Professional Development in the Sports Industry
- Unit 4 : Sports Leadership
- Unit 5 : Applications of Fitness Testing
- Unit 6 : Sports Psychology
- Unit 9 : Research Methods in Sport
- Unit 19 : Development & Provision in Sport and Physical Activity

### Recommended Prior Learning:

Although not essential, students who have studied a sports related course such as the NQF BTEC Level 1/2 Sport or a GCSE in Physical Education will find the knowledge advantageous.

There will be opportunities during the course to gain sector specific experience and/or qualifications.

### Where can this course lead to?

Entry onto many sports related courses at University e.g. Sports Science, Sports Development, Sports Management, Leisure Management, Sport and Exercise Science, Sports Rehabilitation courses and many more. Alternatively, learners can look to pursue a career in the sports industry.

This course will be valuable to anyone wishing to study Sport at degree level. Guidance on which course and where to study is also available.

### Why study BTEC Level 3 Sport at St Mary's College Sixth Form?

The PE department is one of the highest achieving departments in the College. The department was recognised as Outstanding by Ofsted in July 2011. Over the past 5 academic years the majority of BTEC Extended Diploma students have progressed onto a sports related university course. The students have undertaken a course that has enabled them to see the sports industry hands on as well as participate in a variety of lectures, discussions and tasks to improve knowledge and understanding in the world of sport. You will be taught by enthusiastic and, approachable teachers that have a great deal of experience and expertise in the subject. While a team ethos is promoted in the subject, individual help is always available and staff will always find time to guide and assist on a one to one basis.