



Sport

BTEC Level 3 Extended Certificate

The Course

This course is designed to give knowledge, practical coaching skills and a full understanding of the sport and leisure industry. The principles of sport that will be taught will underpin many aspects of professional life within the sector and will reflect an enormous breadth and depth of the subject; from principles of anatomy and physiology; to fitness training and programming; to professional development in the sports industry and the application of fitness testing. The course offers the opportunity to gain an understanding of the anatomy and physiology of the body, and develop coaching, leadership and organisation skills. This also gives pupils the opportunity to gain specific knowledge and understanding which is relevant to the different sectors of the sports industry.

Assessment

There are two examined units. The first is an externally examined unit based around anatomy and physiology. The second externally examined unit focusses on fitness training and programming for health, sport and well-being.

The remaining two units are internally assessed through portfolio work.

Entry Requirements

Minimum entry requirements plus:

- Grade 4+ in GCSE PE or BTEC Level 2 Sport

Careers & Higher Education

This course could lead to a range of careers including fitness instructor, personal trainer, PE teacher, sports coach. Students could also progress to University degrees in sport or fitness.



*"Sport has the power to change the world.
It has the power to inspire. It has the
power to unite in a way little else does.
Sport can awaken hope where there was
previously only despair"*
Nelson Mandela

