# BTEC Extended Certificate in Sport Level 3

# **Qualification Aims and Objectives**

The qualification carries UCAS points and is recognised by higher education providers as contributing to meeting admission requirements for many courses if taken alongside other qualifications as part of a two-year programme of study.

The course is assessed through the completion of internally assessed written assignments, externally assessed written tasks and a written examination. The course is graded at four levels: Pass, Merit, Distinction and Distinction\*.

The BTEC National Extended Certificate in Sport comprises of four units of study over two years and is equivalent to one 'A' level. There are three mandatory units; two of these are assessed externally through a written exam or synoptic paper. The remaining units are assessed internally.

## **Course Outline**

#### Year 12:

- Unit 2: Fitness Training and programming for Health, Sport and Well-being
- Unit 3: Professional Development in the Sports Industry

#### Year 13:

- Unit 1: Anatomy and Physiology
- Unit 4: Sports Leadership

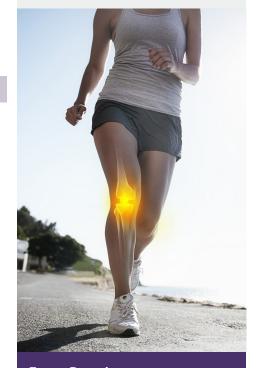
### Mandatory units:

- Unit 1: Anatomy and Physiology in Sport: learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems are learnt.
- Unit 2: Fitness training and programming for Health, Sport and Well-being: students explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.
- Unit 3: Professional Development in the Sports industry: students develop
  their understanding of the knowledge and skills required for different career
  pathways in the sports industry.

# Optional unit:

 Unit 4: Sports Leadership: learners access a range of current sports industry career pathways, conduct a personal skills audit to see which one(s) would be more appropriate.





Entry Requirements
Minimum of 5 9-4 grades in GCSE
examinations including English and
Maths.

# Future courses & possible careers

- Fitness Clubs
- Physical Training Instructors
- Sports Coaches
- PE Teacher
- HM Forces

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