

BTEC Sport

Course description

A BTEC National in Sport is a vocational qualification for post-16 learners who want to continue their education through applied learning and who aim to progress to higher education and ultimately to employment in the **sport** sector. The qualification is equivalent in size to one A Level, and it has been designed as two-year programme when studied alongside other Level 3 qualifications.

Course content

Learners will study three mandatory units:

- **Unit 1: Anatomy and Physiology**
- **Unit 2: Fitness Training and Programming for Health, Sport and Well-being**
- **Unit 3: Professional Development in the Sports Industry.**

Learners will also choose **one optional unit** from a range which has been designed to support choices in progression to sport courses in higher education, and to link with relevant occupational areas. The possible optional units are

4	Sports Leadership
5	Application of Fitness Testing
6	Sports Psychology
7	Practical Sports Performance

Unit 7 **Practical Sports Performance** is the optional unit we usually study at Bilton as part of this course.

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Assessment (breakdown for the full two year course)

The 4 unit course will be broken down into two years, covering 2 units per year and usually follows the following format:

Year 1 (Year 12): Unit 3 (September —January) + Unit 1 (January—June)

Year 2 (year 13) : Unit 2 (September—January) + Unit 7 (January—June)

The assessment of the 4 units is completed using both **internal and external assessments**.

The externally assessed units (exams) are: Unit 1 and 2

The internally assessed units (coursework) are Unit 3 and 7

Therefore each year there will be one exam and one piece of coursework.

The qualification is structured in the following way

Pearson BTEC Level 3 National Extended Certificate in Sport				
Unit number	Unit title	GLH	Type	How assessed
Mandatory units – learners complete and achieve all units				
1	Anatomy and Physiology	120	Mandatory	External
2	Fitness Training and Programming for Health, Sport and Well-being	120	Mandatory and Synoptic	External
3	Professional Development in the Sports Industry	60	Mandatory	Internal
7	Practical Sports Performance	60	Optional	Internal

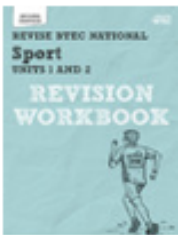
Unit 1 - 1 paper (90 minutes - 80 marks on the skeletal, muscular, respiratory, cardiovascular and energy systems)

Unit 2 - 1 paper (150 minutes—60 marks on a synoptic case study around Fitness training)

Units 3 and 7 are assessed after a period of 60 hours focused on coursework.

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Recommended textbook / revision guide



Revise BTEC National Sport Units 1 and 2 Revision Workbook

Publisher: Pearson

Author: Kelly Sharp, Sue Hartigan

ISBN: 9781292230603

This Revision Workbook delivers hassle-free hands-on practice for the externally assessed units...



BTEC Nationals Sport Student Book 1 + Activebook

Publisher: Pearson

Author: Adam Gledhill, Richard Taylor, Louise Sutton, Matthew Fleet, Chris Manley, Alex Sergison, Chris Lydon

ISBN: 9781292134000

Future Pathways

- Nutritionist
- Gym instructor
- Coach
- Physio's assistant
- Teacher
- Referee
- Strength and conditioning coach
- Personal trainer

Higher Education opportunities, such as:

- BA (Hons) in Sport Studies and Business
- BSC (Hons) in Sport Psychology,
- BA (Hons) in Sports Education and Special and Inclusive Education
- BA (Hons) in Sport and Exercise Science