

Pearson Level 3 BTEC

National Extended Certificate in Sport

**BTEC
SPORT**



Why choose BTEC SPORT?

- ▶ BTEC Nationals are widely recognised by industry and higher education as the signature vocational qualification at Level 3.
- ▶ They provide progression to the workplace either directly, via study at a higher level, through work placement or starting your own business.
- ▶ 62% of large companies have recruited employees with BTEC qualifications.
- ▶ Over 100,000 BTEC students apply to UK universities every year
- ▶ 50% of the units are coursework and 50% exam units.
- ▶ The coursework units are assessed through practical•
- ▶ Good transition from GCSE PE or Level 2 BTEC.
- ▶ The department scored some fantastic grades with a high % of students going on to study sport at university.
- ▶ Four different teaching units covering a wide curriculum.



UNITS

Unit 1 - Anatomy & physiology
(exam unit)



Unit 2 - Fitness Training and Programming for Health, Sport and Well-being
(exam unit)



Unit 3 - Professional development in the sports industry
(coursework unit)

Unit 5 - Application of fitness testing
(coursework unit)

CAREERS
IN SPORT



COURSE CONTENT

Unit 1 - Anatomy & physiology (exam)

Skeletal system, muscular system, cardiovascular system, respiratory system & energy systems - structure and adaption to exercise.

Unit 2 - Fitness Training and Programming (synoptic assessment) You are given a case study and you have two weeks to prepare before the written assessment.

Explore client screening and lifestyle assessment, diet, fitness training methods and fitness programming. Support improvements in a client's health and well-being, through training programme design.

Unit 3 - Professional development in the sports industry (coursework)

We develop the knowledge and skills required for different career pathways in the sports industry. You complete a personal skills audit, career action plan, job application and practical interview. You then evaluate and assess your own and others performance.

Unit 5 - Application of fitness testing (coursework)

You gain an understanding of the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness. Principles of fitness testing, selection and administration and safety and ethical requirements.

Assessment

- You can have two attempts at taking the exam units
- For the coursework units you are given the assessment criteria, assignment plan, research resources, assignment brief and your class notes to help you complete the work. You are also given verbal and written feedback.

Additional skills you can gain

- Intrapersonal skills: communicating, working collaboratively, negotiating and influencing, leadership skills, self-presentation.
- Interpersonal skills: self-management, adaptability and resilience, self-monitoring and development. (Unit 3 - completing the job application process and going through the interview process)
- Observation and evaluation skills. (Units 3 & 5 learning how to give feedback)

Mrs Mellor's favourite parts of the course

- My favourite parts of the course are the practical elements that are directly linked to the work place.
- Students are challenged by taking part in NEW activities and actively assessing their own knowledge, skills & understanding.
- Units 1, 2 & 5 give a brilliant insight into elite performers and link well to science related qualifications.
- Researching new technological advances in the sports industry, new jobs etc and keeping up to date with the changing nature of employment.



Is BTEC Sport Level 3 the right course for you?

Entry requirements

- Combined/separate Science, GCSEs at Grade 4 or above, GCSE PE at Grade 4 or above, special consideration will be given to those with Level 2 BTEC Sport at a grade merit or above.
- Playing at least one sport on a regular basis at club standard or above.

Post 18

- University courses - Sport Studies, sports psychology, Sports Education, Sport and Exercise Science, any course related to a healthy active lifestyle
- Employment in the sports industry (sales & marketing, sports journalism, sports coaching/development, sports management, sports injury management, nutritionist, sports psychologist, PE teacher etc)

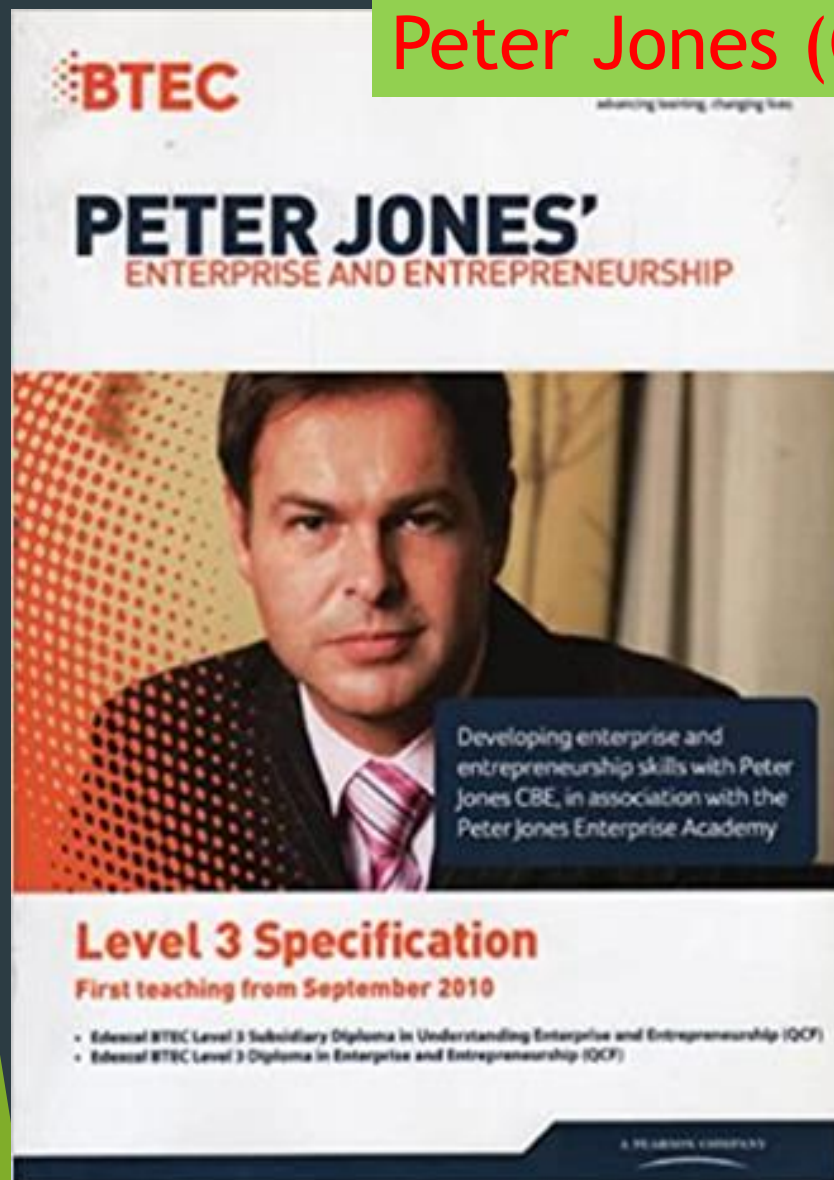


Next Step

Listen to the experts. Max Whitlock Olympic gymnast & Peter Jones CBE and our year 12 & 13 BTEC Sport students themselves.

Come and speak to me or anyone in the PE department about the course.

Peter Jones (CBE)



Max Whitlock



<https://www.youtube.com/watch?v=FwsiOeG4nVY>

<https://www.youtube.com/watch?v=5CRNo1wGkUA>

Class work

Self employed - working for oneself as a freelance or the owner of a business rather than for an employer.

- e.g.
- Personal trainer
 - Sports therapist
 - Sports and holistic massage therapist

Voluntary - A person who voluntarily offers themselves for a service or undertaking, by doing it willingly without pay.

- e.g.
- Youth and sports leader
 - Mascot
 - Sports trainers

Contractors - The employer is obliged to provide work and the employee is obliged to do the work. A contractor has a "contract for services" in which there is no such obligation.

- e.g.
- Carpenter

Full time - A full-time job is employment in which a person works a minimum number of hours, defined as such by their employer. It often comes with benefits such as annual leave, sick leave and health insurance.

- e.g.
- Builder
 - Teacher
 - Spa manager

Part time - A form of employment that carries fewer hours. They work in shifts which are often rotational. Part time - fewer than 30 hours per week.

- e.g.
- Waitress/waiter
 - Shop assistant
 - Lifeguard

Fixed term - contractual relationship between an employee and an employer that lasts for a specified period. These contracts are usually regulated by countries labour laws.

- e.g.
- Apprenticeship sports assistance
 - Fixed term PE teacher
 - Teaching associate in sport

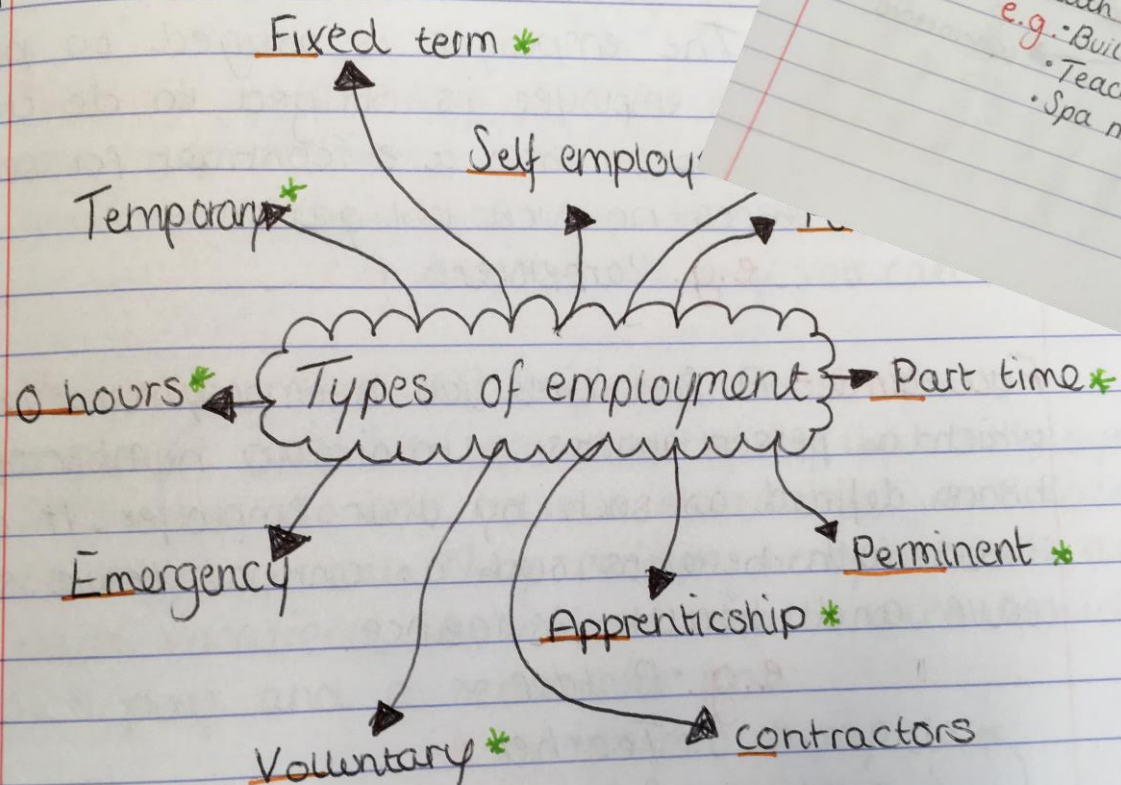
Maternity - Maternity usually means a woman can have maternity leave when she is pregnant, in order to recover and take care of the child.

- e.g.
- anyone in any job can have this

Permanent - Permanent employees work for an employer and are paid directly by that employer. Permanent do not have a determined end date to employment. They receive benefits such as paid vacations, subsidized health care, holiday sick pay and a retirement plan.

- e.g.
- physio therapists
 - Chiropractors

Through things such as the NHS.



- Definition

BTEC Sport Unit 3- Learning Aim A and B

Checklist:

A. P1	Complete
Explain the different career pathways, the associated job opportunities and their requirements in the sports industry. (ESSAY)	

A. P2	Complete
Explain development pathway into a selected career in the sports industry. (ESSAY)	

A. M1	Complete
Analyse the professional development requirements and opportunities for specialism or promotion in different career pathways and the associated job opportunities in the sports industry. (ESSAY)	

AB. D1	Complete
Justify how own skills audit outcomes, and development action plan, aligns to chosen career pathway based on comprehensive knowledge and understanding of the career. (JUSTIFICATION ESSAY)	

B. P3	Complete
Explain how selected sports industry career matches own personal skills audit (SKILLS AUDIT AND MINI REPORT)	

B. P4	Complete
Develop a career development action plan; to meet the requirements of intended sports career using skills audit outcomes. (CDAP and SWOT)	

B. M2	Complete
Analyse own personal skills audit outcomes against a selected career in the sports industry. (SKILLS AUDIT AND MINI REPORT)	

B. M3	Complete
Develop a career development action plan that has specific relevance to the requirements of intended sports career and skills audit outcomes. (CDAP and SWOT)	

Course work criteria and checklist

BTEC Assignment Brief

Qualification	Pearson BTEC Level 3 National Extended Certificate in Sport Pearson BTEC Level 3 National Foundation Diploma in Sport Pearson BTEC Level 3 National Diploma in Sport
Unit number and title	Unit 3: Professional Development in the Sports Industry
Learning aim(s) (For NQF only)	A: Understand the career and job opportunities in the sports industry. B: Explore own skills using a skills audit to inform a career development action plan
Assignment title	Careers in Sport
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	As a student on the Level 3 BTEC Sport programme, you have been approached by the careers department at the local Further Education College to carry out an investigation into two contrasting career pathways in the sports industry. The investigation should focus on short- and long-term prospects in each career pathway. In addition to this as part of your investigation you must highlight the knowledge, skills and qualities required to pursue each career. To conclude the investigation you have been asked to write an article for the student magazine that justifies the selection of each of the selected specific sports industry career pathways. In addition to the investigation you have been asked by the careers advisor to produce a Career Development Action Plan, supported by evidence of personal skills audit outcomes.
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Task 1	Investigation You are required to carry out an Investigation whereby you will investigate different careers and the related professional development requirements in the sports industry. You will need to consider industry standards and regulatory bodies. Your investigation will consist of 3 elements, a Presentation, a Written Report and a Career Development Action Plan with Skills Audit. The Presentation The careers advisors would like the focus of the investigation to explore and analyse the professional development
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requirements and opportunities for specialism or promotion in two different career pathways and the associated job opportunities in the sports industry.
As an outcome of your investigation you have been asked to summarise two different career pathways in the sports industry.
For each career pathway you must explain the associated job opportunities and their requirements in the sports industry in a presentation which will be used by the Career Advisors.

The Report

For one of the career pathways selected explain the development pathway in the form of a written report. When undertaking this ensure you examine the professional training routes, legislation, and the required skills for the position. Also highlight the required sources of continuing professional development to further develop in the selected career pathway.

Career Development Action Plan

The careers advisor at the College has asked that you produce a Career Development Action Plan. The Career Advisor will use the Action Plan to support learners at the College when they are considering developing a career into a specific career in sport.

You are required to complete a personal skills audit as this will help you to assess your suitability to apply for specific careers in the sports industry.
You have been asked to include the following in your personal skills audit:

- What are your personal interests and accomplishments to date.
- Summarise your qualities (For example, are you reliable, organised, committed, resilient, and empathetic?) Summarise your literacy, numeracy and IT skills.
- A summary of your previous experience, this could include sporting achievements, leadership skills and experience, work experience, and any recent travel experiences which demonstrates further skills.
- List the academic and sector specific qualifications that you have achieved to date.
- Summarise the employability skills that you have developed through your experiences to date- teamwork, cooperation, communication, problem solving.
- Highlight any specific technical skills that you have developed to date through your work and other experiences (For example, coaching, instructing, leading, administering test protocols).
- Carry out a SWOT analysis of your skill set to date for employment in the sports industry.

BTEC Assignment Brief v1.0
BTEC Internal Assessment QDAM January 2015

Assignment brief

On completion of your skills audit the Career Advisor would like you to assess and analyse your own skills.
Using the selected career pathway that you summarised in Task 1 Part Two. You are required to justify how the outcomes of your own skills audit, and development action plan aligns to the career pathway.

In the form of a written report using the career pathway assess whether you have the appropriate skill set to pursue the selected career.

If there are any gaps in your skills audit to pursue the career pathway of your choice you should provide a summary of these, and highlight what you can do to overcome these gaps.

To conclude the work for the Career Advisor you have been asked to develop a career development action plan. The development plan should have specific relevance to the requirements of intended sports career and skills audit outcomes.

You must use the completed personal skills audit to produce an action plan towards obtaining a career in your selected career pathway.

You must highlight in the development plan you should highlight:

- Training aims
- Educational aims
- Experiential aims
- Professional development activities

In the development plan you must identify the timescales for each of the targets that you set yourself for development.

You should also summarise through the inclusion of a Career Development Action Plan (CDAP) as part of the development plan the career guidance and support and education choices that would support you to achieve each of your targets.

The Carers Advisor has asked that you also include a personal portfolio/record of achievement folder. In the folder you must include the following:

- educational certificates
- sport-specific awards
- sporting achievements
- testimonials

Checklist of evidence required	<ul style="list-style-type: none"> • press cuttings • work experience • volunteering • any other relevant evidence • A CV which is targeted at the particular career pathway <p>A presentation on 2 different career pathways to explain the associated job opportunities and their requirements in the sports industry.</p> <p>The evidence will be presented in the form of a written report.</p> <p>A Career Development audit and Action Plan, supported by evidence of personal skills audit outcomes.</p>
Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
A.P1	Explain the different career pathways, the associated job opportunities and their requirements in the sports industry.
A.P2	Explain the development pathway into a selected career in the sports industry.
B.P3	Explain how selected sports industry career matches own personal skills audit outcomes.
B.P4	Develop a career development action plan; to meet the requirements of intended sports career using skills audit outcomes.
A.M1	Analyse the professional development requirements and opportunities for specialism or promotion in different career pathways and the associated job opportunities in the sports industry.
B.M2	Analyse own personal skills audit outcomes against a selected career in the sports industry.
B.M3	Develop a career development action plan that has specific relevance to the requirements of intended sports career and skills audit outcomes.
AB.D1	Justify how own skills audit outcomes, and development action plan, aligns to chosen career pathway based on a comprehensive knowledge and understanding of the career.
Sources of information to support you with this Assignment	<ul style="list-style-type: none"> • English Institute of Sport - Careers Page. 2015. Careers. [ONLINE]. Available at: http://www.eis2win.co.uk/Pages/Careers_andJobs_at_EIS.aspx. • Psychologist Career Opportunity - British Cycling. 2015. . [ONLINE] Available at: https://www.britishcycling.org.uk/zuvvi/media/bc_files/vacancies/1509_BC_Psychologist.pdf. • EIS Vacancy: Performance Analyst. 2015. EIS Vacancy: Performance Analyst. [ONLINE] Available at:

