

## **BTEC Level 3 National Extended Certificate in Sport**

The **Extended Certificate in Sport** is a vocational qualification equivalent to one A-Level. It is designed for students interested in the sports and fitness industry, blending academic study with practical applications. The course develops knowledge and skills related to physical education, sports performance, fitness, and health.

### **Key Features**

1. **Qualification Level:** Equivalent to one A-Level.
2. **Assessment:**
  - A combination of internally assessed coursework and externally assessed exams or tasks.
  - Practical assessments and written assignments linked to real-world sporting scenarios.

### **Units of Study**

The course includes **four units**, typically structured as follows:

#### **Mandatory Units:**

1. **Anatomy and Physiology** (externally assessed):
  - Understanding the structure and function of body systems (e.g., skeletal, muscular, cardiovascular, respiratory).
  - Exploring how these systems respond and adapt to exercise and training.
2. **Fitness Training and Programming for Health, Sport, and Well-being** (externally assessed):
  - Analysis of lifestyle factors and their impact on health.
  - Designing training programs to meet individual needs.
3. **Professional Development in the Sports Industry** (internally assessed):
  - Exploring career pathways in sport and fitness.
  - Developing transferable skills, such as communication and teamwork, for employment in the sports sector.

#### **Optional Units (internally assessed, chosen based on institution):**

Examples include:

- **Sports Leadership:** Understanding leadership roles and developing skills to plan and deliver sports sessions.
- **Application of Fitness Testing:** Learning to conduct and interpret fitness assessments.
- **Practical Sports Performance:** Evaluating and improving performance in selected sports.

## **Skills Developed**

- Knowledge of anatomy and physiology relevant to sport and exercise.
- Practical fitness assessment and program design skills.
- Communication, leadership, and teamwork abilities.
- Understanding of professional conduct and development in sports careers.
- Application of scientific and theoretical knowledge to real-world sporting contexts.

## **Career Pathways**

This qualification provides a foundation for:

1. **Higher Education:** Degrees in sports science, physical education, physiotherapy, sports management, or coaching.
2. **Apprenticeships:** Opportunities in fitness instructing, personal training, or sports coaching.
3. **Employment:** Roles such as gym instructor, sports coach, or activity leader.

## **Who Is It For?**

- Students passionate about sports, fitness, and physical education.
- Those aiming for a balance between academic study and hands-on learning.
- Learners interested in exploring careers in the sports and fitness industry.