

BTEC Sport Level 3

Head of Department:

Mr P Maddock

What is the course about?

The BTEC National Extended Certificate in Sport provides you with an understanding of the essential skills needed when looking to build a career in the sports sector. You will gain an understanding in topics such as anatomy and physiology, which cover the structure, function and how the body responds to exercise on the skeletal, muscular, cardiovascular, respiratory and energy systems. Other areas covered are fitness testing, analysing performances in team and individual sports as well as looking at the sports industry.

The qualification will give insight into the various different occupational routes you can take within the sector. It gives students the opportunities to achieve a nationally recognised Level 3, giving full-time learners the opportunity to enter employment in the sporting sector or to progress onto higher education.

What will be covered?

The course consists of three compulsory core units plus four specialist units to be covered over two years:

- Unit 1 Principles of Anatomy and Physiology in Sport.
- Unit 2 Fitness testing and programming for health, sport and well being.
- Unit 3 Professional development in the sports industry.
- Unit 7 Practical Team Sports .

