

# BTEC Sport



CANNOCK CHASE HIGH SCHOOL  
A C H I E V E M E N T F O R A L L

Course: Pearson Level 3 BTEC Extended Certificate

Entry Requirements: Grade 9 - 4 in full course GCSE PE or grade Merit or above in Level 2 Health and Fitness

## Aims of the Course:

The aim of course is to develop the learners' knowledge and understanding of different careers within the sports industry. They will explore: anatomy and physiology, looking at how the body systems adapt when taking part in exercise; evaluate peoples' health and fitness, looking at what they need to improve to ensure that they lead a healthy and active life. Learners will look at different ways they can monitor the process and develop their confidence when working with a range of people. For the final compulsory unit, students will have the chance to research their chosen career, or a career that they are interested in, in the sports industry. They will learn what the interview and application process will be and gain better understanding of the nature of the role and responsibilities in the field they wish to pursue.

## Course Content:

The course will consist of four units:

**Unit 1 – Anatomy and Physiology.** This unit is an externally assessed in the form of an examination paper and will focus on the muscular, skeletal, cardiovascular, respiratory and energy systems and how they are affected when we take part in exercise.

**Unit 2 – Fitness Training and Programming for Health, Sport and Well-Being.** This unit is a controlled assessment that is completed within school but is externally marked and assessed by Pearson. This unit will focus on gaining a better knowledge and understanding of what we need to become healthier and fitter and by practically engaging in developing a client's health and well-being.

**Unit 3 – Professional Development in the Sports Industry.** This unit is a controlled assessment and is assessed internally. Here learners will be able to research the roles, responsibilities and skills that they will need to get into the field of their choice and how to progress to positions within that field.

The final unit is also a controlled assessment that is assessed internally. There are four optional units to choose from:

**Sports Leadership:** Learners will be able to develop the confidence, skills, qualities and characteristics needed to be successful in a variety of leadership roles.

**Application of Fitness:** Learners will be able to assess their own fitness levels and look at how they can develop them and improve their monitoring and evaluation skills.

**Sports Psychology:** Learners will look at the different psychological factors that affect performance in sport and exercise. They will explore psychological skills and programmes that will improve performance.

**Practical Sports Performance:** Learners will learn the rules, regulations of the sport and develop their skills and tactics within a game to improve their practical performance.

## Assessment:

All units are marked as a pass, merit or distinction. Two units will be externally assessed and the other two units will be internally assessed.

## Career Opportunities:

The course is recognised by most universities and colleges and would be of interest to people wishing to pursue Sport Science, Physiotherapy, Physical Education teaching or coaching, Human Biology, Medical Science, Sports psychology and the Leisure and Fitness Industry.

Contact: Mrs K Pearson