

BTEC Level 3 National Extended Certificate in Sport

Board: Edexcel

Qualification: BTEC Level 3 National Extended Certificate in Sport (Equivalent to 1 GCE A Level)

What is the course about?

The BTEC Level 3 in Sport at Ash Green expands upon the important notions and concepts introduced within the BTEC Level 2 course in Sport. The course further extends students understanding within the sports sector. The course is designed to focus on specialist sporting issues, looking to uncover and analyse the important factors to improve and develop sporting performance.

During the Course you will study the human body and how it is affected by physical activity, the health and safety factors involved in sports participation, the key principles involved in the coaching process, the fitness requirements and training methods needed for different sports as well as how to create fitness training programmes.



How will I be assessed?

The course covers four units over two years, with 2 units taught in Year 12 and 2 in Year 13. All external assessment comprises of one written exam and one task set and marked by Pearson. All internal assessment encompasses a range of methods including; investigations, presentations, practical performance, observational analysis, group based projects, written accounts and poster campaigns.

Units studied are:

- 1: Anatomy and Physiology
- 2: Fitness Training and Programming for Health, Sport and Well-being
- 3: Professional Development in the Sports Industry
- 4: Coaching and Performance
- 5: Application of Fitness Testing

What skills will I develop?

During the course you will develop skills which will help you whether you choose to carry on in further education or enter the world of work. You will learn time management skills from handing in your work by set deadlines. You will learn all about the Sport and Active Leisure sector, whilst also developing the essential skills required for employment, career progression, or progression to further qualifications and training.

Why might this course be for me?

If you are well organised and enjoy learning new skills, then you will enjoy BTEC Sport. It is very different to any course you have already done and includes a wide range of varied activities. You will need to be organised to meet coursework deadlines which have been set.

Where can I go next?

This course can lead to a career in; sports coaching, leisure management, fitness instructing, PE Teaching or further education (University or College). In July 2014, our first cohort completed their level 3 sport course with a 100% pass rate. Many of the students moved into further education gaining places at Birmingham University, Nottingham University, Coventry University and Brighton University. The BTEC course has run for the past 4 years and boasts a fantastic alumni of successful students with the course recognised widely by a range of universities and professional employers.