

# WILLIAM BROOKES SIXTH FORM

## BTEC LEVEL 3 EXTENDED CERTIFICATE AND DIPLOMA NATIONAL IN SPORT

**Level 3 Subject Guide**

**Exam Board: Pearson Edexcel**

### WHY STUDY BTEC L3 NATIONAL EXTENDED or DIPLOMA CERTIFICATE IN SPORT?

This course is particularly relevant to students who enjoy applied learning and are considering a career or further education in sport. It is equivalent to one OR two A-Levels.

### COURSE OVERVIEW

**Unit 1 - Anatomy and Physiology.** Completed in Year 1 with 120 Guided Learning Hours. In this unit, students explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems. **Assessment by exam at the end of Year 1.**

**Unit 2 - Fitness training and Programming for Health, Sport and Well-being.** Completed in Year 2 with 120 Guided Learning Hours. Learners explore client screening and lifestyle assessment, fitness training methods and fitness and nutrition programming. **Assessment by externally marked coursework at the end of Year 2.**

**Unit 3 - Professional Development in the Sports Industry.** Completed in Year 2 with 60 Guided Learning Hours. Learners explore the knowledge and skills required for different careers in the sports industry. **Assessment by internally marked coursework during Year 2.**

**Unit 4 - Sports Leadership.** Completed in Year 1 with 60 Guided Learning hours. Learners study what makes a good leader, the different capacities of this role and the leadership skills and techniques needed when leading activities. **Assessment by internally marked coursework during Year 1.**

Depending on the progress and attainment of individual students there is the possibility of studying for the Level 3 Foundation Diploma which is the equivalent of one and a half A-Levels and will gain the equivalent UCAS points.



### ENTRY REQUIREMENTS

To be considered for this course, students must achieve 5 GCSE grades 5-9

*"Students who wish to study BTEC PE should have a passion for sport, not just for performing but for knowing all about sport and Physical Education. Students should be interested in learning about how the body works whilst playing sport and how to assess and improve someone's health and physical fitness. This course will enable students to progress into courses such as Sports Science, Sports Coaching, Fitness Instructing and Physical Education Teaching to name but a few!"*



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*Pathway to your Future Success!*