



Physical Education

BTEC National in Sport



Exam Board: Edexcel

Entry Requirements: 5 GCSE
grades A*-C/5 and above

"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!"

Sport Science BTEC Level 3 National Extended Certificate.

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 A level.

Unit 1 - Year 1 Anatomy and Physiology. 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 end of Year 1.

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

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

Unit 4 - Year 1 Sports Leadership. 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.

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