

# BTEC National Extended Certificate in Sport

## Course Outline

Do you want a career in Sport? Could you be the next Sports Coach leading top athletes to glory? Have you got the skills to be a Personal Trainer in the ever-evolving fitness industry? Do you have ambitions of being part of a successful team of Sports Psychologists? If these questions appeal to you then the BTEC Level 3 Extended Certificate in Sport is for you.

You will cover all the major systems of the human body and how they are affected by exercise. You will assess knowledge and understanding of fitness testing and training. This unit allows you to assess the fitness levels, health and lifestyle and nutrition of a wide variety of individuals. Within Sports Leadership you will develop your understanding of the characteristics of an effective leader and plan and deliver a sports session that can be help to enhance your coaching and leadership skills. Within professional development in the sports industry, you will explore the knowledge and skills required for different career pathways in the sports industry. You will take part in and reflect on, a personal skills audit, career action plan and practical interview assessment activities.

The world of Sport is an exciting place to be and with this creative and thought-provoking qualification gives you the practical skills, theoretical knowledge and confidence to succeed in a number of careers. Especially those in the sports industries.

## Course Requirements

You should have previously completed Cambridge National Sports Science at Level 2 with a Merit Level or above. You must also have achieved at least 5 Grades 9 - 4 at GCSE level including a 4 in English Language, two Grade 4's in Combined Science and have a keen interest in sport.

## Course Content & Assessment

The Edexcel BTEC Level 3 Extended Certificate in Sport is a 60 credit and 360 GLH qualification, which includes three mandatory units plus one additional unit which is also internally assessed.

### Mandatory Units

- Anatomy and Physiology - Externally Assessed Exam
- Fitness Training and Programming for Health, Sport and well-being - Externally Assessed Controlled Assessment
- Professional Development in the Sports Industry - Internally Assessed Coursework Unit

### Selected Units

- Sports Psychology - Internally Assessed Coursework Unit

## Progression

Future careers might include PE Teaching, Sports Coaching, Physiotherapy, Leisure Management and Fitness Training. Students may consider direct entry into other employment or further training. This course is an accepted qualification for entry into university, with students having secured places at universities including Bath, Loughborough, Cardiff, Brunel, Exeter, Kent, Oxford Brookes, Plymouth and Southampton. It is also excellent preparation for those wanting to progress to industry-recognised qualifications and careers in Sports Therapy, the Fitness Industry, Sports Development, Nutrition, Performance Analysis and Sports Psychology.