



Sport

BTEC Sport Level 3 National Diploma Single/Double

Subject BTEC Level 3 Sport

Teacher Responsible Mr J Cooper

Introduction The course is both practical and theory related, equivalent in size to two A-Levels. You learn via classroom based lessons and by taking part in practical lessons.

Aims of the Course **For the Single Extended Certificate, students study only Units 1, 2, 3 & 4**

Unit 1: Anatomy and Physiology (*External Assessment*)

The examination will be 1 hour 30 minutes in length. Topics include: the skeletal system, muscular system, respiratory system, cardiovascular system and the energy system for sports performance.

Unit 2: Fitness Training and Programming for Health, Sport and Well-being (*External Assessment*)

Learners will be given a case study one week before the supervised assessment period to carry out preparatory work. The supervised assessment period is a maximum of 2.5 hours.

Unit 3: Professional Development in the Sports Industry (*Internal Assessment*)

Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in a personal skills audit, career action plan and practical interview assessment activities.

Unit 4: Sports Leadership (*Internal Assessment*)

Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.

Unit 22: Investigating Business in Sport (*External Assessment*)

This unit is assessed under supervised conditions. Learners will be given information two weeks before a supervised assessment period in order to carry out research. The supervised assessment period is a maximum of three hours as timetabled by Pearson.

Unit 23: Skill Acquisition in Sport (*Internal Assessment*)

Learners study the factors that contribute to a skilled performance in sport and examine how sports performers learn and develop their skills.

Unit 7: Practical Sports Performance (*Internal Assessment*)

Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports.

Unit 8: Coaching for Performance (*Internal Assessment*)

Learners will develop the techniques, personal knowledge and ability to deliver coaching sessions.

Unit 25: Rules, Regs and Officiating (*Internal Assessment*)

Learners explore the historical development of the rules and regulations in a selected sport, and apply them while officiating.

Links to Future Careers All our former students who have applied to University following the completion of the course have been accepted, including students who have received scholarships as a result of their academic success.