

## Sport

## **BTEC Sport Level 3 National Diploma Single/Double**

Subject BTEC Level 3 Sport

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

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

## **Entry Requirement**