

BTEC Level 3 Extended Certificate in Sport



The sports course that offers variety

- **Variety of units** – allowing students to go into a variety of different directions in sports and leisure.
- **Variety of teaching methods** – mixture of practical and theory lessons. It allows you to show case you're sporting talents if you are a sports athlete.
- **Variety of assessment** – Three different methods of assessment ranging from an exam, a seen exam and coursework.

Career or Future Education Pathways

- Equivalent to 1 A Level
- University to complete a Sports in degree
- University to train to be a PE teaching degree
- Personal trainer
- Qualified coach
- Physiotherapy
- Sports Journalism

➤ Brief Overview of Units

Unit 1: Anatomy and Physiology
Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.
Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing
Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.
Unit 3: Professional Development in the Sports Industry
Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.
Unit 4: Sports Leadership*
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 7: Practical Sports Performance*
Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports.

* Optional Units

Any further questions with regards to Level 3 in Sport please don't hesitate to email Mrs Large or Miss Drewry

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