

Sport

The Level 3 BTEC in Sport is an innovative and vocational-based course aimed at students with a real interest in the sports and recreation sector and what it has to offer. The sports industry is growing in size, and this course provides a broad and balanced foundation for students who wish to take a sporting career pathway. Learners will have the opportunity to develop a range of techniques, personal skills and attributes essential for successful performance.

Students will study a combination of theoretical units such as Anatomy & Physiology, and practical units, such as Sports Coaching & Leadership, and will apply this content to a variety of sporting contexts.



COURSE CONTENT

The course is structured around the following units:

Anatomy & Physiology:

Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.

Fitness Training & Programming for Health, Sport & Well-being:

Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.

Professional Development in the Sports Industry:

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

Practical Sports Performance:

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

SKILLS REQUIRED

Students should be able to demonstrate a passion and enthusiasm for sport. Completion of GCSE PE in school is beneficial. Experience of engaging in sport as a performer, coach or official is also preferable. The course is designed to be taken as part of a programme of study that includes other appropriate BTEC nationals or A Levels.

ASSESSMENT

External Assessment (50% of final marks)

Unit 1:

Anatomy & Physiology Written exam. 1 hour 30 minutes.

Unit 2:

Fitness Training & Programming for Health, Sport and Well-being. A task is set and completed under supervised conditions.

Submission by computer. 70 marks.

- Part A. Learners will be given a case study one week before a supervised assessment period in order to carry out preparation.
- Part B. Supervised Assessment Session. 2 hours 30 minutes.

Coursework

In all other units, students are assessed by assignments covering a number of different methods linked to the theory and practical elements of the course. All coursework is assessed internally and externally moderated. 50% of final marks.

ENRICHMENT

Students will have the opportunity to engage in a wide range of recreational, developmental and competitive sporting activities through the sports programme.

FUTURE PATHWAYS

The BTEC course carries the same UCAS points as an A Level and is designed to support progress to higher education in sports- related courses such as Sports Science or seek employment in sport and leisure management, sport development, coaching, fitness and PE teaching.



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