



Sport (BTEC National)

Why you should follow this course

You should consider this course if you would like to have a career in sport. The qualification will give experience and insight into Sports Science, Sports Coaching, Development and Lifestyle Management. Those wishing to go into the fitness and leisure industry would benefit greatly from this course. Students wishing to go onto study physical education and/ or sport at University and are not suited to an examination approach would also benefit.

What teaching and learning methods will be used?

At the start of each unit students will be supplied with the assignment brief and grading criteria.

Students will experience a range of practical and classroom based lessons depending on the unit content.

External speakers will be used to give the modules context and allow students to extend their knowledge and understanding.

A wide range of teaching and learning methods will be used to ensure students have the knowledge and understanding to complete each assignment.

How is the course assessed?

- Combination of exam, externally and internally marked assignments.
- Typically, Unit 1 and Unit 7 are assessed in year 1
- Unit 2 and unit 3 will be assessed in year 2.

What can you do when you have your qualification?

Gain entry to any University degree course but especially those in Sports Science, Sports studies/Physical Education, Sports Development, Recreation and Leisure Management, Physiotherapy, Nursing, Teaching.

Consider job opportunities in Leisure and Tourism, Health and Fitness Industry, Sports Coaching, professional Sport, Sports Journalism, Armed forces, Police, Sports Development.



**For further information or advice please contact
Mr Green or Mrs Holiday.**

PE@williamhoward.cumbria.sch.uk

Examination Board: Pearson

**Qualification: BTEC Sport National
Certificate and Extended Certificate**

COURSE CONTENT

To gain the extended certificate students will follow four units over two years. There are two mandatory units studied in Year 12 and a further two units, one optional, studied in Year 13.

To gain the certificate students will study two units in year one only.

MANDATORY UNITS

Unit 1: Anatomy and physiology

This unit explores the structure and function of the skeletal, muscular, cardiovascular and respiratory systems and develops student's understanding of the fundamentals of the energy systems. Exam: 1.5 hours

Unit 2: Fitness training and programming for Health, Sport and Well-being

The aim of this unit is to explore client screening and lifestyle assessment, fitness programming to support improvements in a client's health and well-being.

Externally set assignment using a pre-released scenario, answered in a controlled environment; 2 hours.

Unit 3: Professional development in the sport industry

The unit aims to explore the knowledge and skills required for different career pathways in the sports industry. Students will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities. Internally assessed.

SUGGESTED OPTIONAL UNITS

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. Internally assessed.

Unit 5: Application of fitness testing

Learners gain an understanding of the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness.

Internally assessed.

Unit 7: Practical sports performance (mandatory if studying at a certificate level)

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