



# BTEC LEVEL 3

## National Extended Certificate in Sport

### What are the entry requirements?

Minimum Requirements: At least five 4 grades at GCSE and grade 4 in Mathematics and either English (Language or Literature)

Recommended Level of Attainment BTEC Sport Level 3: At least a grade 5 or Merit in GCSE PE or BTEC Sport Level 2. A grade 4 and above in English is essential and a grade 5 in science would be desirable for this course.

### About the course

On the BTEC Level 3 Extended Certificate in Sport course you will cover 3 mandatory units including: Anatomy and Physiology, Fitness Training and Programming for Health Sport and Wellbeing and Professional Development in the Sports Industry. Other optional units include: Practical Sports Performance, Sports Psychology, Sports Leadership and Application of Fitness Testing. The lessons will be a mixture of practical and theory.

### Will the course suit me?

The ideal student would take an interest in sport as a whole subject. They should enjoy practical lessons and be prepared to analyse their own and others' ability. They will want to learn about how the body reacts to exercise and the different body systems involved when developing fitness and training. Students should be prepared to become a role model within the PE department and there may be an opportunity to help run Extra Curricular activities and clubs.

### Personal Study Time

BTEC Level 3 students are expected to devote as much time outside the classroom to their studies as in lessons. You will be given significant amounts of homework on a regular weekly basis. The nature of this work will depend on the topic being studied but will always be given in order to reinforce the work covered in class and will often form the basis of assignment work.

### Assessment

The qualification consists of internally assessed assignment work worth 33% of the overall grade. The remainder of the course is externally assessed through a Fitness Programming synopsis and an externally assessed exam, these 2 units combined are worth 67% of the overall grade. Assignment work is graded through developing a portfolio of evidence which hits specific criteria for each unit. The final grade will be established through a means of calculating a credit score, accumulated through the 4 units.

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### Progression

BTEC Nationals are designed to provide highly specialised work related qualifications in a range of vocational sectors. This course will give the students the knowledge, understanding and the skills that they need to prepare for employment. The qualification also provides development for students to go onto higher education, degree or professional development programmes.

### Anything else I need to know?

For more information, speak to Mr Pitman.