



BTEC Nationals in Sport

ST. WILFRID'S RC COLLEGE

Your two choices...

- If BTEC Sport is for you, you have two choices...

1. Extended Certificate

- Otherwise known as the 'Single Award', this takes up one of your option choices and you get 10 hours of BTEC Sport on your timetable.

2. Diploma

- Otherwise known as the 'Double Award', this takes up two of your option choices and you get 20 hours of BTEC Sport on your timetable.



Extended Certificate content...

Year 12

Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing.

Unit 3: Professional Development in the Sports Industry.

Year 13

Unit 2: Anatomy and Physiology.

Unit 4: Sports Leadership



Diploma content...

Year 12

Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing.

Unit 3: Professional Development in the Sports Industry.

Unit 4: Sports Leadership.

Unit 5: Application of Fitness Testing.

Year 13

Unit 1: Anatomy and Physiology.

Unit 6: Sports Psychology.

Unit 7: Practical Sports Performance.

Unit 22: Investigating Business in Sport and the Active Leisure Industry.

Unit 23: Skill Acquisition in Sport.



Other things you should know...

- ❖ *Although there are three external examinations, only Unit 1 is a 'traditional' exam! For the Unit 2 & Unit 22 examinations, you get to take four sides of A4 pages in as notes, to assist you in answering set essay questions based around a case study you receive in the exam.*
- ❖ *In Unit 3 you get to base your assignments around two careers in the sports industry that you are interested in! From PE teacher, to physiotherapist, to sports psychologist, investigate what skills, qualities and characteristics are required for your dream job in sport!*
- ❖ *There is a practical element to the course! In Unit 7 you will be assessed practically in two sports, in Unit 4 you will lead an Inter House competition with Year 7 pupils at lunch time and in Unit 5 you will adopt the role of a health practitioner to carry out fitness tests for 'clients'.*



Current Year 13 BTEC Sport pupils had their say...

“If you have a passion for any sport then don’t hesitate to take BTEC Sport... it teaches you so much more about Sport than you think there is!”

“It is a fun and enjoyable course. The exams are different to your usual exams and the coursework is also a fantastic way to learn.”

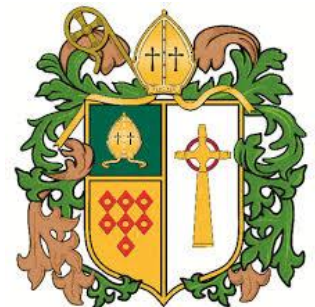
“The units are fantastic, my personal favourite was Unit 7 (Practical Sports Performance) because it gave us the opportunity to learn new skills. Another great one is Unit 3 (Professional Development in the Sports Industry) which looks at which career you could pursue in the future.”



Current Year 13 BTEC Sport pupils had their say...

“In Sport I have really enjoyed planning and teaching a session as a part of Sports Leadership and I also enjoyed the topics covered for the Anatomy and Physiology exam like energy systems and how all the body systems work together .”

“The level of detail and understanding that we cover in the sixth form course is much more interesting than what was covered in Year 10 and 11 and throughout the course I have reinforced my understanding of the foundations of Sport and as a result I now know that I wish to pursue a career in sport.”



Final message from Team PE...

- You should have an interest in, and a passion for, sport and physical activity...
- Have a look at the bridging unit, this is a real insight into what your studies would be like in Year 12...
- You need to be aware that there are practical and theoretical elements...
- Studying Sport in Year 10/11 would be recommended but not essential...
- Does Sport seem a sensible choice when considering your further education and career plans...

If you have any questions or queries about the course, please do not hesitate to email Mr Mence, Miss Trotter or any other member of the PE department.

