

BTEC Sport @ St. Wilfrid's

Pearson BTEC Level 3 Extended Certificate in Sport

Pearson BTEC Level 3 National Diploma in Sport



What is BTEC Sport?



At St. Wilfrid's we offer 2 different BTEC Sport options; the Extended Certificate in Sport and the National Diploma in Sport. The Extended Certificate in Sport is equivalent to one A-Level, with the National Diploma in Sport being equivalent to two A-Levels.

What is the purpose of the Extended Certificate in Sport?

An introduction to the sport sector through applied learning that supports progression to higher education. It forms part of a programme of study that includes other vocational or general qualifications.

What is the purpose of the National Diploma in Sport?

This is intended as an Applied General qualification, equivalent in size to two A Levels. It has been designed as part of a two-year programme, normally in conjunction with one or more qualifications at Level 3. This qualification is aimed at learners looking to progress to higher education in this sector.

Extended Certificate

(360 GLH)

One A Level
Equivalent

What units/topics are covered across Year 12 and 13?

- **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 1** – Anatomy and Physiology - *Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.*
- **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.*

Externally Assessed

Internally Assessed (coursework)

Diploma

(720 GLH)

Two A Level Equivalent

What units/topics are covered across Year 12 and 13?

(More detail about Units 1,2,3 & 4 on previous slide)

- **Unit 2** – Fitness Training and Programming for Health, Sport and Wellbeing.
- **Unit 3** – Professional Development in the Sports Industry.
- **Unit 1** – Anatomy and Physiology.
- **Unit 4** – Sports Leadership.
- **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.*
- **Unit 22** – Investigating Business in the Sport and Active Leisure Industry - *Learners investigate how business operates in the sport and active leisure industry and how it responds to trends and other influences to meet the needs of clients and to benefit the business*
- **Unit 6** – Sports Psychology - *This unit covers the psychological dimensions of sport, and introduces psychological techniques that can be used to enhance performance.*
- **Unit 7** – Practical Sports Performance - *Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports.*
- **Unit 23** – Skill Acquisition in Sport - *Learners study the factors that contribute to a skilled performance in sport and examine how sports performers learn and develop their skills.*

Externally Assessed

Internally Assessed (coursework)

Studying BTEC Sport gives you the option to pursue a number of different career choices. This could include; PE teaching, leisure centre manager or a fitness coach.

Take a look at the image to the right to see just some of the possibilities open to you.



Additional skills developed throughout the course

As well as developing your knowledge and understanding across a range of sporting disciplines, as part of your BTEC Sport qualification you will also further develop a range of additional skills.

Cognitive and problem-solving skills: use critical thinking, approach non-routine problems applying expert and creative solutions, use systems and technology

Intrapersonal skills: communicating, working collaboratively, negotiating and influencing, self-presentation.

Interpersonal skills: self-management, adaptability and resilience, self-monitoring and development.

Educational visit opportunities

As part of your BTEC Sport qualification, you are given the opportunity to attend Sunderland University as part of a taster day into “A day in the life of a Sunderland University Sport Scientist.”

During this day you will experience a range of different sporting disciplines including; anatomy and physiology, biomechanics, sports nutrition, sports psychology and many more.

You will also get to experience the different sporting facilities that universities have to offer to further enhance your studies.



**University of
Sunderland**

Key headline figures



Historically, we have very good BTEC Sport results for our students with both the Extended Certificate and National Diploma.

19-20 results:

100% - Merit or above for National Diploma

100% - Distinction or above for Extended Certificate

20-21 results:

100% - Distinction/Distinction* for Extended Certificate or National Diploma

Comments from past students about studying BTEC Sport.

I enjoyed learning about a range of different sporting disciplines as part of my National Diploma qualification. It allowed me to have a taster into different disciplines so that I had more choice when I left sixth form.

What I enjoyed about BTEC Sport is being able to learn further into the human body and how it works during sport, I also enjoyed doing the practical side of things during year 12 for the double award and being able to teach other peers and building my confidence.

I enjoyed the different Units that we covered in BTEC Sport, but I also liked that we also developed other skills which I could talk about in my UCAS personal statement and on my CV.