



## **BTEC Level 3- National Extended Certificate in Sport**

This qualification is designed as a two year course covering the underpinning knowledge for the sport sector. It is aimed at learners looking to progress to employment in sport. This course is equivalent to **one** A-Level.

### **What is the course content?**

#### **Year 12:**

Anatomy and Physiology- (Exam unit) You will explore how the skeletal, muscular, cardio-vascular and respiratory systems function and the fundamentals of the energy systems.

Fitness training- (Exam Unit) You will 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- (Coursework) You will 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.

#### **Year 13:**

Sports Leadership (Coursework) – You will 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.

Practical Sports – (Coursework) – You will study the skills, techniques, tactics and rules of selected sports through active participation in the individual/team sports.

Application to fitness testing- (Coursework) You will 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.

### **How is the course assessed?**

Students will sit two externally assessed exam units. These will take place during summer of year 1.

Students will undertake four coursework based units. These will include some practical activities, which are internally assessed.

### **Future Opportunities**

This course is ideal for students wanting to progress to university courses such as Sport and Exercise Science, Physiotherapy, Physical Education, Sports Psychology and Fitness orientated courses. Future careers may include; Physical Education teacher, Sports therapy, Physiotherapist, Personal Training, Sports Coach, Psychologist, Sports Scientist.

### **Key Contact**

Please contact Mrs Kisby (Head of Department) [nkisby@rodillianacademy.co.uk](mailto:nkisby@rodillianacademy.co.uk)