

# BTEC National Extended Diploma in Sport

Sport can lead to many opportunities in life, and this course is designed to inform students of the different routes and careers available to them. The BTEC course builds on knowledge learnt through GCSE Physical Education. Students will also have the opportunity to take part in practical activities. Each unit will be assessed through assignments which will be based on the units covered. This course is ideal for students who have a real passion for sport and enjoy both the practical and theoretical aspect. We offer the Level 3 BTEC National Extended Diploma, which is equivalent to 3 A Levels.

## Content of Course

There are 11 mandatory units, 3 external and 8 internal. The remaining 4 units will be selected from the optional units in group C:

### Mandatory Units:

- Unit 1: Anatomy and Physiology (M) – externally assessed
- Unit 2: Fitness Training and Programming for Health, Sport and Well-being (M) – externally assessed
- Unit 3: Professional Development in the Sports Industry (M) – internally assessed
- Unit 4: Sports Leadership (M) – internally assessed
- Unit 5: Application of Fitness Testing (O) – internally assessed
- Unit 6: Sports Psychology (O) - internally assessed
- Unit 7: Practical Sports Performance (M) - internally assessed
- Unit 8: Coaching for Performance (M) - internally assessed
- Unit 9: Research Methods in Sport (M) - internally assessed
- Unit 18: Work Experience in Active Leisure (O) - internally assessed
- Unit 19: Development and Provision of Sport and Physical Activity (M) – externally assessed
- Unit 22: Investigating Business in Sport and the Active Leisure Industry (M) – externally assessed
- Unit 23: Skill Acquisition in Sport (M) - internally assessed
- Unit 25: Rules Regulations and Officiating in Sport (O) - internally assessed

## Skills Required

The BTEC course will require certain skills, which include:

- Good time management
- The ability to work independently
- Motivation
- The ability to work as part of a team
- The ability to take on both positive and negative feedback allowing you to review and improve assessed work

## Progression

Students can use BTEC Sport as a basis for a variety of different courses at university including sport science, sports development and PE teaching. Alternatively, students can also use the course for a pathway into a career, for example, fitness instruction, personal training, sports partnerships, coaching and sport development officer.