

WHAT DO I NEED TO STUDY THIS COURSE?

The entry requirements for this course are 5 GCSEs at grade 4 or above including a Merit or above in Level 2 BTEC sport or 5 and above in GCSE PE.

IS THIS COURSE FOR ME?

The Level 3 national extended certificate in sport provides students with a broad basis of study within the sport sector. Students will deepen their understanding through topics such as anatomy and physiology, lifestyle factors, leadership and career pathways in the sports industry.

WHERE WILL THIS COURSE TAKE ME?

The sport and leisure industries are amongst the largest in the country. There are a wide range of employment opportunities such as coaching, teaching, physiotherapy, sport therapy, sports psychologists and officials. Students go on to employment within the Sports Industry and University to study areas such as Sports Education and Sports Development.



WHAT WILL I LEARN?

Year 1

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

Unit 2 - Fitness Training and Programming for Health, Sport and Well-being – Students explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.

Year 2

Unit 3 - Professional Development in the Sports Industry – Students will explore the knowledge and skills required for different career pathways in the sports industry. They will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.

Unit 4 - Sports Leadership – Students 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.

HOW WILL I BE ASSESSED?

4 units of which 3 are mandatory and 2 are external. Mandatory content (83%). External assessment (67%).

Unit 1 and 2 are written examinations.

Unit 3 and 4 are coursework units.



FURTHER INFORMATION

See Miss Lithgow
Mrs Whiteside
Mr Cawley