

Course introduction

Students study a 4 unit course (Extended Certificate equivalent to 1 A level) in Sport. The BTEC Level 3 is suited to those students with an interest in Sport, considering a career in Sport or the fitness industry or looking to study Sport at University. The units cover a variety of topics based on a wide range of sporting areas from the body to health fitness and training, as well as a work focused unit. Some units are more theoretical and some involve physical elements.

How the course is taught

The course will be taught for 4 (1 hour) periods per week through a mixture of practical and theoretical sessions. It is aimed at those wanting a more theoretical rather than a practical approach to sport.

Areas covered by the course

The course has 3 compulsory units and 1 optional unit.

The compulsory unit topics are taught over 2 years:

1. Anatomy and physiology
2. Fitness, Training and Programming for Health, Sport and Wellbeing.
3. Professional Development in the Sports industry.

Optional unit topics:

4. Sports Leadership
5. Application of fitness training
6. Sports Psychology
7. Practical Sports Performance



Entrance requirements

Students who wish to study Sport must have acquired a minimum of 5 GCSEs or equivalent at 4-9 preferably including English Language, Maths and Science. A GCSE in Physical Education or a BTEC Level 2 in Sport at a Merit (at least) is desired as is a keen interest in Sport and physical activity.

How the course is assessed

The course is assessed as on-going coursework through internal assessment of assignments set out in the unit briefs. You will be expected to meet the criteria of the unit brief working to a pass, merit or distinction level. You must meet the required levels in order to gain the award. You must work hard in order to meet the deadlines set. There is also an exam.

Career opportunities

Careers in the sports and leisure industry, sports science and sports development as well as a career in teaching would be possible.

