

BTEC L3 Sport - National Extended Certificate



➤ Introduction

This Pearson BTEC Level 3 National Extended Certificate in Sport is your gateway to a deeper understanding of the principles and practices that underpin the world of sport. Whether your ambition is to progress to higher education, enter the sports workforce, or simply enhance your knowledge and skills, this course provides a robust and practical foundation.

Throughout this programme, you'll delve into a diverse range of units, designed to equip you with both theoretical knowledge and practical expertise.

➤ What will I learn?

Anatomy and Physiology in Sport (Unit 1) - This unit covers the skeletal, muscular, cardiovascular, and respiratory systems, explaining their structure, function, and how they adapt to exercise. You'll also learn about the body's energy systems. This foundational unit provides essential scientific knowledge for understanding sports performance.

Fitness Training and Programming for Health, Sport and Well-being (Unit 2) - Learn to design effective training programmes. You'll cover client assessment, fitness components, various training methods, and the principles of training. This includes understanding nutritional needs. This practical unit equips you to create tailored fitness plans for diverse individuals.

Professional Development in the Sports Industry (Unit 3) - Explore diverse career opportunities within the sports industry. You'll conduct a personal skills audit to identify strengths, develop a career action plan, and learn about continuing professional development. Practical skills in CV writing and interview techniques are also covered to boost your employability.

Practical Sports Performance (Unit 7) - Focus on improving your own sporting abilities. You'll understand rules and regulations, and apply and refine specific skills, techniques, and tactics in chosen sports. This unit emphasizes active participation and reflecting on your performance to identify areas for personal development.

➤ How will I be assessed?

Component	Type	Duration
Unit 1: External Assessments	Exam	1hr 30mins
Unit 2: External Assessments	Exam	2hrs 30mins
Unit 3 & Unit 7: Internal Assessment	NEA	12 Weeks

➤ Opportunities

You gain practical skills through project-based assessments and coursework that are directly applicable to jobs in coaching, fitness, and leisure, giving you a head start in employment. It's vocational focus, practical skill development, and direct preparation for employment within the dynamic sports sector are unique to the course.

➤ Other subjects?

Many students find Media Studies is complementary to subjects such as Business Studies, English Literature, Psychology and Sociology.

➤ Future Careers

Sport is a highly versatile qualification that opens doors to various exciting pathways, both in further education and direct employment.

Progress to courses such as; Sport Science, Sports Coaching, Sports Management/Sports Development, Physiotherapy, and Physical Education Teacher Training.

Direct Employment in fields such as; Fitness Instructor, Assistant Sports Coach, Leisure Centre Assistant/Operations Staff, Sports Development Assistant, Outdoor Activity Leader, Sports Administrator and Apprenticeships.

➤ Course Information

Course Code -BTEC UYJ08

Examination Board - Pearson Edexcel