

This is a fantastic course which explores a range of topics linked to sport. Students will study the following:

**Unit 1: Anatomy and Physiology** - Learners 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** – Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client’s health and well-being.

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

**Unit 4: Sports Leadership**- Learners 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.

## Subject specific entry requirements

*In addition to the standard entry requirements, the following subject entry criteria should be met:*

- Specific entry requirements: 5 GCSEs at grade 4 or above.

## Exam Board

Pearson <https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.htm>

## Assessment

| BTEC Sport Extended Certificate – 2 year course |  |  |
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| <b>Paper 1</b>                                  | <p><b>Unit 2: Fitness Training and Programming for Health Sport and Well Being</b></p> <p><b>Part A:</b> A set period of time given before the exam to carry out independent research about a scenario based on an individual who requires guidance on training, lifestyle and nutrition</p> <p><b>Part B:</b> A written exam under controlled conditions in which the research notes to complete a task that builds on Part A</p>     | <p>1.30 hr written exam</p> <p>33.5% of BTEC course</p>              |
| <b>Paper 2</b>                                  | <p><b>Unit 1: Anatomy and Physiology</b></p> <p>The exam will contain a number of short answer and long answer questions and assessed for your understanding of the following topics in relation to sports performance.</p> <ul style="list-style-type: none"> <li>• The skeletal system</li> <li>• The muscular system</li> <li>• The respiratory system</li> <li>• The cardiovascular system</li> <li>• The energy system</li> </ul> | <p>2.30 hr written exam</p> <p>33.5% of BTEC course</p>              |
| <b>Assignment 1</b>                             | <p><b>Unit 4: Sports Leadership</b></p> <p>This unit you will:</p> <p><b>A</b> Understand the roles, qualities and characteristics of an effective sports leader</p> <p><b>B</b> Examine the importance of psychological factors and their link with effective leadership</p> <p><b>C</b> Explore an effective leadership style when leading a team during sport and exercise activities.</p>  | <p>Coursework</p> <p>Two assignments</p> <p>16.5% of BTEC course</p> |

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| <b>Assignment 2</b> | <b>Unit 3: Professional Development in the Sports Industry</b><br><b>A</b> Understand the career and job opportunities in the sports industry<br><b>B</b> Explore own skills using a skills audit to inform a career development action plan<br><b>C</b> Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway<br><b>D</b> Reflect on the recruitment and selection process and your individual performance. | Coursework<br>2 assignments<br>16.5% of BTEC course |
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## This course will lead to:

This is the perfect course for someone who has an interest in sport and/or the health industry.

*"I chose this subject because I am very interested in a career in sport. Doing a BTEC in Sport also allows me to continue my studies at University. I really like that the course involves units of work that are assessed in coursework and exams. All the teachers have helped me and gave me constructive feedback, which enabled me to work towards achieving my target grade".*

**Ben Hardy**