

POST 16 SUBJECT OVERVIEW

Post 16 Subject Overview

This qualification is equivalent in size to one A Level over 2 years. There will be 4 units of which 3 are mandatory and 2 are external (exams). The external assessments make up 67% of the final grade. A broad basis of study for the sport sector will be covered. The course will look at the body systems and fitness training, within the externally assessed units and the internally assessed units looking at the sports industry and specific practical sports.

Name of Subject - PE - BTEC Sport

Which Examination Specification is Studied for this Course?

Pearson BTEC L3 National Extended Certificate in Sport

Why should I study this course?

Want a career in sport? This is the course for you - whether you want to become a sports coach, sports scientist or PE teacher, this qualification will lay the foundation to allow you to access your dream job. The course covers a broad basis of study for the sport sector and is designed to support progression to higher education when taken as part of a programme of study that includes other appropriate BTEC Nationals or A Levels.

Who is suitable to study this course?

Students with a keen interest in sport will be ideal candidates for this course and although physical competence in sport is desirable it is not essential to the course. A high level of computer literacy is important to be able to utilise ICT when completing coursework units. An interest in science, especially human biology would be advantageous and this qualification could be studied alongside Biology and English amongst other subjects to provide a varied and balanced curriculum - this would allow students to go on to university to study any sports related course.

What GCSE Qualifications Support the Study of this Course? Studying a PE qualification will give candidates an advantage although it is not a requirement. Triple science would be a valuable qualification due to the physiological nature of the course.

What are the Qualification Requirements for this Course? 5 GCSEs including English and Maths.

How is the Course Delivered? - The course is run over 2 years and is led by Mr Cutten and Miss Brooke. There are 5 hours of taught lessons per week with an expectation that students will do 5 hours of independent study to complement this. 2 out of the 4 units are coursework units and will consist of a

mixture of practical and theory, with both units being submitted through Google Classroom. One exam unit and one coursework unit will be taught each year.

Subject Overview		
Half Term	Year 12	Year 13
Autumn 1	<p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</p> <p>AO1: Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being AO2: Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals AO3: Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests</p>	<p>Unit 1: Anatomy and Physiology</p> <p>C: The effects of exercise and sports performance on the respiratory system D: The effects of sport and exercise performance on the cardiovascular system</p>
Autumn 2	<p>AO4: Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved AO5: Be able to develop a fitness training programme with appropriate justification</p>	<p>E: The effects of exercise and sports performance on the energy systems</p>
Spring 1	<p>Unit 3: Professional Development in the Sports Industry</p> <p>A: Understand the career and job opportunities in the sports industry B: Explore own skills using a skills audit to inform a career development action plan</p>	<p>Unit 7: Practical Sports Performance</p> <p>A: Examine National Governing Body rules/laws and regulations for selected sports competitions</p>

		C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims
Spring 2	C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway D: Reflect on the recruitment and selection process and your individual performance.	B: Examine the skills, techniques and tactics required to perform in selected sports C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims
Summer 1	Unit 1: Anatomy and Physiology A: The effects of exercise and sports performance on the skeletal system	D: Reflect on your own practical performance using selected assessment methods.
Summer 2	B: The effects of exercise and sports performance on the muscular system	

How is the Course Assessed?

The course is a total of 360 guided learning hours (GLH) and is split into 4 units;

Unit	Assessment type	Grades available
1: Anatomy and Physiology (120 GLH)	Externally assessed exam	Distinction - 32 points Merit - 20 points Pass - 12 points Nearly Pass - 8 points
2: Fitness Training and Programming for Health, Sport and Well-being (120 GLH)	Externally assessed exam	Distinction - 32 points Merit - 20 points

		Pass - 12 points Nearly Pass - 8 points
3: Professional Development in the Sports Industry (60 GLH)	Internally assessed coursework	Distinction - 16 points Merit - 10 points Pass - 6 points
7: Practical Sports Performance (60 GLH)	Internally assessed coursework	Distinction - 16 points Merit - 10 points Pass - 6 points
<p><u>Overall grade</u></p> <p>Distinction* - 90 points Distinction - 74 points Merit - 52 points Pass - 36 points</p>		

What is our Recommended Subject Reading list to Support your Study?

- Revise BTEC National Sport Units 1 and 2 Revision Workbook
- Revise BTEC National Sport Units 1 and 2 Revision Guide
- Revise BTEC National Sport Units 19 and 22 Revision Guide
- BTEC Nationals Sport Student Book 1 Activebook
- BTEC Nationals Sport Student Book 2 Activebook