

POST 16 SUBJECT OVERVIEW

Name of Subject

BTEC Level 3 Extended Certificate in Sport

Which Examination Specification is Studied for this Course?

Pearson BTEC Level 3 Extended Certificate in Sport

Why should I study this course? - This is a course that offers a detailed insight into the sports and activity sector as well as the anatomy and physiology of the body and the benefits of a healthy diet and training plan. You will also be required to demonstrate skills such as interview techniques, fitness testing of a participant and analysis of your performance. This will result in students having the abilities to be successful in both sport specific and wider professional roles and vocations.

Who is suitable to study this course? -

The courses identified below would ensure some prior knowledge surrounding the course for individuals. Further to this, people who have a keen interest in sport and wider infrastructure of the sports industry or those seeking to work in this area directly or post university would be suitable.

What GCSE Qualifications Support the Study of this Course?

GCSE PE, BTEC Sport and OCR Cambridge National in Sports Studies at Key Stage 4.

What are the Qualification Requirements for this Course?

We would expect all learners who are wanting to study this course to have achieved a **Grade 5 or above in GCSE English** as the vast majority of the course is assessed through extended pieces of writing in the form of coursework and examination units.

How is the Course Delivered?

You will be taught by one member of staff over 5 hour long lessons (some back to back), for every hour you do in the classroom you would be expected to do the same independently to research and write coursework/revise for exams. Use of Google Classroom will be vital, especially for the coursework units. Due to the courses sporting nature, there are practical elements to most units. However, this will always have a clear direction and will often be a precursor for the analysis of your performance in a written document.

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Outline what units / content is taught across the two year course

Subject Overview		
Half Term	Year 12	Year 13
Autumn 1	Unit 5: Application of Fitness Testing	Unit 3: Professional Development in the Sport Industry
Autumn 2	Unit 5: Application of Fitness Testing	Unit 3: Professional Development in the Sport Industry
Spring 1	Unit 5: Application of Fitness Testing	Unit 3: Professional Development in the Sport Industry
Spring 2	Unit 1: Anatomy and Physiology	Unit 2: Fitness Training and Programming for Health, sport and Well-being
Summer 1	Unit 1: Anatomy and Physiology	Unit 2: Fitness Training and Programming for Health, sport and Well-being
Summer 2	Unit 1: Anatomy and Physiology	Unit 2: Fitness Training and Programming for Health, sport and Well-being

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How is the Course Assessed?

The course is split into four units.

Two units are coursework based. Each coursework unit is then split up into three Learning Aim/Assignments. You will be taught the key information about this Learning Aim in class before being allocated lesson and independent study time to complete the assignment by a certain deadline. Work can be awarded a grade of: Ungraded, Pass, Merit and Distinction. Google Classroom is extensively used for the process of handing in work and can aid with your own organisation.

The two exam units differ slightly from each other. Unit 1 is a traditional exam which involves you being taught the information prior to sitting the exam which has questions ranging between the topics of the unit. For Unit 2 you will have two 'assessment sessions' at the end of the unit. The first session you will be required to independently create a document that can be taken into the second session to aid you. This second session is a traditional exam.

Students will be assessed every 6 weeks in line with our Praising Stars system in the Academy and this data will be shared with home. This will give us a clear indication of what level the student is working at and where and when specific intervention is needed.

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

- English Institute of Sport – Careers Page. 2015. Careers. [ONLINE]. Available at: http://www.eis2win.co.uk/Pages/Careers_andJobs_at_EIS.aspx.
- EIS Vacancy: Performance Analyst. 2015. EIS Vacancy: Performance Analyst. [ONLINE] Available at: <http://www.eis2win.co.uk/Pages/VacancyDetailsd.aspx?intVacancyID=2393>
- American College of Sports Medicine – *ACSM's Guidelines for Exercise Testing and Prescription, 7th edition* (Lippincott Williams and Wilkins, 2005) ISBN 9780781745901
- Howley E T and Franks B D – *Health Fitness Instructor's Handbook* (Human Kinetics Europe, 2003) ISBN 9780736042109
- Skinner J – *Exercise Testing and Exercise Prescription for Special Cases: Theoretical and Clinical Applications* (Lippincott Williams and Wilkins, 2005) ISBN 9780781741132