

POST 16 SUBJECT OVERVIEW

Post 16 Subject Overview

Name of Subject

BTEC Level 3 National Extended Certificate in Sport

Which Examination Specification is Studied for this Course?

Edexcel

Why should I study this course?

A broad basis of study for the sport sector. This qualification 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. The units covered will give you an overview of the sports sector ranging from Anatomy and Physiology to Professional Development in the Sports Industry by way of Sports Injuries and Sports Injury Management.

Who is suitable to study this course?

The Pearson BTEC National Extended Certificate in Sport is an Applied General qualification for post-16 learners who want to continue their education through applied learning and who aim to progress to higher education and ultimately to employment in the sport sector. The qualification is equivalent in size to one A Level, and it has been designed as a one-year, full-time study programme, or a full two-year programme when studied alongside a further Level 3 qualification.

What GCSE Qualifications Support the Study of this Course?

GCSEs in English, Maths and Science along with a Level 2 qualification in Sport (GCSE, BTEC, OCR) would be advantageous but not essential.

How is the Course Delivered? - You will be taught by a different, experienced, teacher for each of the units you will study. The Extended Certificate will be taught over 5 hours a week for the duration of the 2 year course. It is expected that you allow the same amount of time again for independent study. All materials that accompany the course will be available via Google Classroom along with the submission of coursework. Some of the units will require you to take part in practical activity. This will be shared by your tutor as and when it is required.

Subject Overview		
Half Term	Year 12	Year 13
Autumn 1	Unit 1: Anatomy and Physiology (Mandatory, Externally Assessed) Unit 2: Fitness Training and Programming for Health, Sport and Well-being (Mandatory, Externally Assessed)	Unit 3: Professional Development in the Sports Industry. (Mandatory, Internally Assessed) Unit:4 Sports Leadership (Optional, Internally Assessed)
Autumn 2	Unit 1: Anatomy and Physiology (Mandatory, Externally Assessed) Unit 2: Fitness Training and Programming for Health, Sport and Well-being (Mandatory, Externally Assessed)	Unit 3: Professional Development in the Sports Industry. (Mandatory, Internally Assessed) Unit:4 Sports Leadership (Optional, Internally Assessed)
Spring 1	Unit 1: Anatomy and Physiology (Mandatory, Externally Assessed) Unit 2: Fitness Training and Programming for Health, Sport and Well-being (Mandatory, Externally Assessed)	Unit 3: Professional Development in the Sports Industry. (Mandatory, Internally Assessed) Unit:4 Sports Leadership (Optional, Internally Assessed)
Spring 2	Unit 1: Anatomy and Physiology (Mandatory, Externally Assessed) Unit 2: Fitness Training and Programming for Health, Sport and Well-being (Mandatory, Externally Assessed)	Unit 3: Professional Development in the Sports Industry. (Mandatory, Internally Assessed) Unit:4 Sports Leadership (Optional, Internally Assessed)
Summer 1	Unit 1: Anatomy and Physiology (Mandatory, Externally Assessed) Unit 2: Fitness Training and Programming for Health, Sport and Well-being (Mandatory, Externally Assessed)	Unit 3: Professional Development in the Sports Industry. (Mandatory, Internally Assessed) Unit:4 Sports Leadership (Optional, Internally Assessed)
Summer 2	Unit 1: Anatomy and Physiology (Mandatory, Externally Assessed)	

	Unit 2: Fitness Training and Programming for Health, Sport and Well-being (Mandatory, Externally Assessed)	
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How is the Course Assessed?

Unit 1: Anatomy and Physiology - Externally Assessed

Guided learning hours: 120

This unit is externally marked. It is set and marked by Pearson. The examination will be one hour and 30 minutes in length. The number of marks for the examination is 80. The paper will contain a number of short- and long-answer questions that will assess learners' understanding of the following topics: the skeletal system, the muscular system, the respiratory system, the cardiovascular system and the energy system for sports performance. Learners will use this knowledge and understanding to determine the interrelationships between body systems for sports performance.

Essential content

- A The effects of exercise and sports performance on the skeletal system
- B The effects of exercise and sports performance on the muscular system
- C The effects of exercise and sports performance on the respiratory system
- D The effects of sport and exercise performance on the cardiovascular system
- E The effects of exercise and sports performance on the energy systems

Unit 2: Fitness Training and Programming for Health, Sport and Well-being- Externally Assessed

Guided learning hours: 120

This unit will be assessed under supervised conditions. Learners will be given a case study one week before the supervised assessment period to carry out preparatory work. The supervised assessment period is a maximum of 2.5 hours as timetabled by Pearson. During the assessment learners will be given a task that will assess their ability to interpret lifestyle factors and health screening data from a scenario and stimulus information in order to develop and justify a fitness training programme and nutritional advice based on these interpretations. Pearson sets and marks the task.

Essential content

- A Examine lifestyle factors and their effect on health and well-being

- B Understand the screening processes for training programming
- C Understand programme-related nutritional needs
- D Examine training methods for different components of fitness
- E Understand training programme design

Unit 3: Professional Development in the Sports Industry- Internally Assessed

Guided learning hours: 60

Learning aims

In this unit you will:

- 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
- 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.

Unit 4: Sports Leadership- Internally Assessed

Guided learning hours: 60

Learning aims

In this unit you will:

- A Understand the roles, qualities and characteristics of an effective sports leader
- B Examine the importance of psychological factors and their link with effective leadership
- C Explore an effective leadership style when leading a team during sport and exercise activities.

What is our Recommended Subject Reading list to Support your Study? - Book list can also include articles, websites, podcast, wider reading, links to a school intranet of resources etc