

# BTEC Level 3 National

**Extended Certificate in Sport** - equivalent to 1 A Level



**BTEC**

Pearson  
BTEC National  
Sport

Extended Certificate

Awarding Body - Edexcel



# BTEC Level 3 National

## Extended Certificate in Sport - equivalent to 1 A Level

### 2 Structure

#### Qualification structure

#### Pearson BTEC Level 3 National Extended Certificate in Sport

##### Mandatory units

There are three mandatory units, two internal and one external. Learners must complete and achieve at pass grade or above for all these units.

##### Optional units

Learners must complete one optional unit.

Pearson BTEC Level 3 National Extended Certificate in Sport				
Unit number	Unit title	GLH	Type	How assessed
<b>Mandatory units – learners complete and achieve all units</b>				
1	Anatomy and Physiology	120	<b>Mandatory</b>	External
2	Fitness Training and Programming for Health, Sport and Well-being	120	<b>Mandatory and Synoptic</b>	External
3	Professional Development in the Sports Industry	60	<b>Mandatory</b>	Internal
<b>Optional units – learners complete 1 unit</b>				
4	Sports Leadership	60	<b>Optional</b>	Internal
5	Application of Fitness Testing	60	<b>Optional</b>	Internal
6	Sports Psychology	60	<b>Optional</b>	Internal
7	Practical Sports Performance	60	<b>Optional</b>	Internal

[http://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/9781446938096\\_BTEC\\_Nat\\_ExtCert\\_Sport\\_SPEC.pdf](http://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/9781446938096_BTEC_Nat_ExtCert_Sport_SPEC.pdf) - link to specification

# **BTEC Sport**



If you need any help or support, we encourage you to speak to us so that we can support you.

**Ms Hobson - Head of Enrichment**

**Miss Kenney - Joint 2nd i/c PE / Head of Health and Social Care**

**Mr Ford - Joint 2nd i/c PE - Lead IV for BTEC Sport**

# Course Content



## Course Content:

### 3 Mandatory Units:

- Unit 1 Anatomy & Physiology *\*(written exam)*
- Unit 2 Fitness Training & Programming for Health, Sport and Well-being *\*(externally assessed)*
- Unit 3 Professional Development in the Sports Industry *(internally assessed)*

### 1 Optional Units from:

- Sports Leadership *(internally assessed)*
- Application of Fitness Testing
- Sports Psychology
- Practical Sports Performance

**Assessment:** 67% Externally Assessed *(written exam and externally marked assignment by Pearson)*  
33% Internally Assessed *(internally marked work by Ashlawn BTEC Sport Tutor Assessors)*

**Career Opportunities:** Higher vocational qualifications e.g. BTEC Level 3 National Extended Diploma in Sport; Degree in Sports Studies; Physical Education; Sports Science; Sports Coaching.

## BTEC Sport – Summer Homework



### Why did you choose this subject?

In one paragraph explain why you chose this option.

Explain what inspires you about Sport?

Do you have aspirations related to Sport and your future Career?

## BTEC Sport – Summer Homework



### **In BTEC Sport, there are 3 Mandatory Units.**

Below are three research tasks for each of these units. Use a variety of sources (text books, the internet, journals etc.) to find out the answers to the following questions.

You must give the source of your research e.g. book title, author, page number/http:

# BTEC Sport – Summer Homework



## Unit 1: Anatomy & Physiology

- a) What are the main **Functions of the skeleton** when performing sporting techniques and actions – give specific examples of sporting actions.
- b) List the **Adaptations of the muscular system** due to exercise – these could be short or long term.
- c) Describe the differences in the **Structure of blood vessels** – arteries, capillaries and veins.
- d) Find a diagram of *Inspiration & Expiration* and use this to help you explain the **Mechanisms of Breathing** within the Respiratory System.
- e) What are the three main **Energy Systems** used by the body during Exercise?  
Give an example of a Sport which best suits each Energy System.

# BTEC Sport – Summer Homework



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

- a) Find out as much information as you can about the following **Training Methods**:
- i) Aerobic/Cardiovascular Endurance Training Methods
  - ii) Flexibility Training Methods
  - iii) Static Strength Training Methods
  - iv) Muscular Endurance Training Methods
- b) Find a **Health Screening Questionnaire** online and get two friends/family members who participate regularly in sport/exercise to complete the Questionnaire.



# **BTEC Sport – Summer Homework**



## **Unit 3: Professional Development in the Sports Industry**

- a) Research and list the different career pathways for your sport.
- b) Write a brief description about the associated job opportunities within your sport.

**Please bring all of your completed work and research with you in September and hand it in the teacher in your first BTEC Sport lesson, or alternatively you can email it to me at [hobsonc@ashlawn.org.uk](mailto:hobsonc@ashlawn.org.uk).**