

PHYSICAL EDUCATION

FULSTON MANOR SCHOOL



BTEC LEVEL 3 NATIONAL EXTENDED CERTIFICATE IN SPORT (ONE A LEVEL EQUIVALENT)
EXAMINATION BOARD: PEARSON

WHY TAKE THIS COURSE?

This course provides a broad basis of study for the vocational sector and is ideal for students who currently have a keen interest in sport science, fitness and health, and participate in a sport to a good standard. It is also highly suited to students who enjoy Science (particularly Biology) and want to study anatomy and physiology in more depth. The course includes the study of fitness training and programmes, and professional development in the sports industry. The course is ideal for students who aim to progress to higher education and ultimately to employment in the sport sector.

AIMS OF THE COURSE

The Pearson BTEC National Extended Certificate in Sport is a qualification for post-16 learners who want to continue their education through applied learning. 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 qualification carries UCAS points and is recognised by higher education providers.

COURSE STRUCTURE AND CONTENT

4 UNITS

1. Anatomy and Physiology (120 GLH)
2. Fitness Training and Programming for Health, Sport and Well-being (120 GLH)

- 3. Professional Development in the Sports Industry (60 GLH)
- 5. Application of Fitness Testing (60 GLH)

ASSESSMENT

Unit 1: Anatomy and physiology (written exam set and marked by Pearson)

90 minutes

80 marks

The paper will contain short and long answer questions which will assess learners understanding of anatomy and physiology and how the different systems of the body can affect sports performance.

Unit 2: Fitness Training and Programming for Health, Sport and Well-being (pre-release task set and marked by Pearson)

2 Hours 30 Minutes

60 marks

Students will interpret lifestyle factors and health screening data in order to create and justify a fitness training programme based on these interpretations. The task will require learners to develop and justify a training programme that meets the need of a specific client.

Units 3 and 5 (assignment set and marked by centre and verified by Pearson)

Teachers create assignment briefs and students carry out set tasks, creating evidence to support a work-related scenario.

ENTRY REQUIREMENTS

A student must have passed five GCSEs at grade 4-9 (or equivalent), which should ideally include English, Mathematics and Science. An interest in the theoretical aspects of sport science is highly recommended. Any other students would be at the acceptance of the course leader, after due discussion of the results.