

BTEC Diploma in Sport Level 3



Qualification Aims and Objectives

The qualification carries UCAS points and is recognised by higher education providers as contributing to meeting admission requirements for many courses if taken alongside other qualifications as part of a two-year programme of study.

The BTEC National Diploma in Sport comprises of nine units of study over two years and is equivalent to two 'A' levels. There are six mandatory units; three of these are assessed externally through a written exam or synoptic paper. The remaining units are assessed internally.

Course Outline

Year 12:

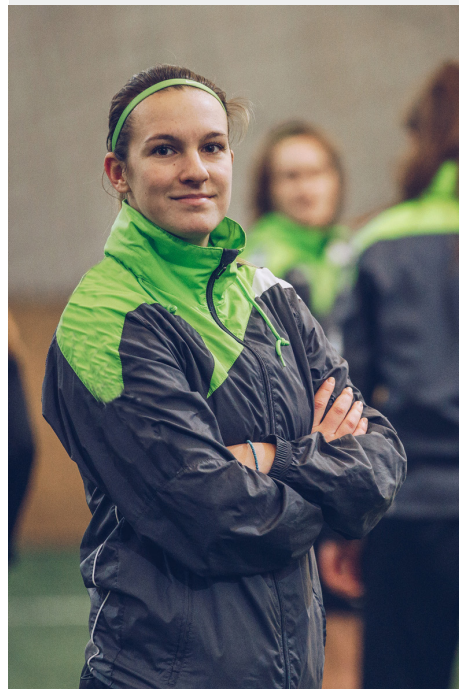
- Unit 2: Fitness Training and Programming for Health, Sport and Well-being
- Unit 5: Application of Fitness Testing
- Unit 3: Professional Development in the Sports Industry
- Unit 22: Investigating Business in Sport and the Active Leisure Industry
- Unit 6: Sports Psychology

Year 13:

- Unit 1: Anatomy and Physiology
- Unit 23: Skill Acquisition in Sport
- Unit 4: Sports Leadership
- Unit 10: Sports Event Organisation

Mandatory units:

- Unit 1: Anatomy and Physiology in Sport: learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems are learnt.
- Unit 2: Fitness Training and Programming for Health, Sport and Well-being: students explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.
- Unit 3: Professional Development in the Sports Industry: students develop their understanding of the knowledge and skills required for different career pathways in the sports industry.
- Unit 4: Sports Leadership: Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.
- Unit 22: Investigating Business in Sport and the Active Leisure Industry: learners investigate how business operates in the sport and active leisure industry and how it responds to trends and other influences to meet the needs of clients and to benefit the business.
- Unit 23: Skill Acquisition in Sport: Learners study the factors that contribute to a skilled performance in sport and examine how sports performers learn and develop their skills.



Entry Requirements

Minimum of 5 9-4 grades in GCSE examinations including English and Maths.

Future courses & possible careers

- Fitness Clubs
- Physical Training Instructors
- Sports Coaches
- PE Teacher
- HM Forces

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