

# BTEC Extended Certificate 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 course is assessed through the completion of internally assessed written assignments, externally assessed written tasks and a written examination. The course is graded at four levels: Pass, Merit, Distinction and Distinction\*.

The BTEC National Extended Certificate in Sport comprises of four units of study over two years and is equivalent to one 'A' level. There are three mandatory units; two 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 3: Professional Development in the Sports Industry

Year 13:

- Unit 1: Anatomy and Physiology
- Unit 4: Sports Leadership

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.

Optional unit:

- Unit 4: Sports Leadership: learners access a range of current sports industry career pathways, conduct a personal skills audit to see which one(s) would be more appropriate.



## 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

Contact: [lucy.collinson@wilmingtonacademy.org.uk](mailto:lucy.collinson@wilmingtonacademy.org.uk)  
Visual & Performing Arts Faculty