Sport Double

Exam Board Pearson
Qualification BTEC Level 3 National Diploma – equivalent to two A-levels
Entry Requirements Grade 4 in English and Maths

Content

Unit 1* Anatomy and Physiology: Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.
Unit 2* Fitness training and Programming for Health, Sport and Well-being: Learners 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: Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.
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 5 Application of Fitness Testing: Learners gain an understanding of the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness.
Unit 7 Practical Sports Performance: Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports.
Unit 8 Coaching for Performance: Learners will develop the techniques, personal knowledge and ability to deliver coaching sessions.
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.

Assessment

45% exam
55% coursework

Those units where * is indicated are externally assessed through a written examination.

Career Prospects

See Sport Single