Sport Single

Exam Board Pearson
Qualification BTEC Level 3 National Extended Certificate – equivalent to one A-level
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 Wellbeing: 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.

Assessment

67% exam assessed
33% coursework

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

Career Prospects

BTEC Sport combines well with many subjects and supports entry to higher education courses in a very wide range of disciplines (depending on the subjects taken alongside).
For learners who wish to study an aspect of sport in higher education, opportunities include:
BA (Hons) in Sport Studies and Business, if taken alongside A Levels in Business and Maths **BSc (Hons) in Sport Psychology**, if taken alongside a A-level Biology and A-Level Psychology **BA (Hons) in Sports Education and Special and Inclusive Education**, if taken alongside an
A-Level in English Language and a BTEC National Extended Certificate in Performing Arts
Further careers in sport could include:
Health & Exercise: Fitness Professional, Health Promotion Officer, Gym Instructor, Nutritionist and Personal Trainer.
Management: Disability Sports Development Officer, Events Manager, Football Manager, Sports Development Manager and Talent Project Coordinator.
Media and Marketing: Broadcasting, Journalism, Marketing, Photographer.
Science: Medicine, Sports Scientist, Physiotherapist, Sports Massage Therapist and Strength and Conditioning Coach.
Teaching and Coaching: PE Teacher, Children's Sports Coach, Outdoor Adventures Leader, Ski Instructor, Performance Analyst and Competition Manager.