

BTEC National Extended Certificate in Sport



Exam board: Pearson

Entry requirements:

Minimum requirement Level 2 Merit grade or above in Level 1 / 2 Health and Fitness,

Or GCSE PE grade 5.

Or Combined Science grade 5 with English Language grade 5.

Course content:

Unit 1: Anatomy and Physiology - understanding the body systems, structure and function of the musculo-skeletal systems and the cardio-respiratory systems, along with how sport and exercise affects the three energy systems.

Unit 2: Fitness training and programming for Health, Sport and Well-being - assessing and screening clients regarding their lifestyle and nutritional habits and designing fitness training programmes.

Unit 3: Professional development in the Sports Industry - understanding the sports industry and the types of careers that can be pursued. Building a career plan, applying for jobs, being interviewed.

Unit 6: Sports Psychology - Understanding the different psychological factors that can affect sports participation and performance.

Assessment:

Unit 3:

Assessed internally by the teacher in the form of written reports. Two pieces of coursework are completed one based around a potential career that you may pursue in the sports industry and the other is more practically focussed where you complete the processes necessary to apply for a job, are interviewed for the position and evaluate your performance, based upon observation sheets and video footage taken of the interview.

Unit 1:

Externally assessed examination, 1 hour 30 minutes.

Unit 2:

Externally assessed using an examination set by Pearson. The examination consists of two parts. Part A is supplied a few weeks before your examination and consists of a scenario based on an individual who requires guidance on training, lifestyle and nutrition. Part B is a written examination under controlled conditions, in which you use your research notes to complete a task that builds upon Part A.

Unit 6:

Assessed internally by the teacher in the form of three written reports. The first report investigates the psychological influences on sports performance, for example personality and motivation. The second written report focuses on group dynamics that influence team performance and the third report focuses on creating a psychological skills training programme.

Why choose Sport: *You have a love of all things sport related.*

You will need to enjoy working independently upon your coursework and will require resilience and self-motivation and give of your best to this, in lessons and outside of school.

You will have an enquiring mind as to how the body works and be fascinated to know how it can bring about sport related movement. You may also have career plans, that exist within the sports industry.

Skills and progression:

You will develop your presentation, communication and analytical skills through the coursework tasks. You will reflect upon your learning, evaluate your efforts, identify gaps in your knowledge and look for ways to improve.