

Grade

M

D*

Extended Certificate

360 GLH

Points

0

36 52

74

90

AO1: Demonstrate knowledge and understanding of the effects

of lifestyle choices on an individual's health and well-being

Holly Lodge High School Btec Sport Level 3 Journey (12-13)

Btec Level 3 National Extended Certificate in Sport:

The content of this qualification has been developed in consultation with academics to ensure that it supports progression to higher education. Employers and professional bodies have also been involved and consulted to confirm that the content is appropriate and consistent with current practice for learners who may choose to enter employment directly in the sport sector. Learners will study three mandatory units: • Unit 1: Anatomy and Physiology • Unit 2: Fitness Training and Programming for Health, Sport and Well-being • Unit 3: Professional Development in the Sports Industry. Learners will also choose one optional unit from a range which has been designed to support choices in progression to sport courses in higher education, and to link with relevant occupational areas.

B: Examine the importance of psychological factors and their link with effective leadership

C: Explore an effective leadership style when leading a team during sport and exercise activities.

A: Understand the roles, qualities and characteristics

AO2: Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals

AO3: Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests

AO4: Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved

Unit 4
Application of
Fitness Testing
60 GLH

Unit 2 Fitness
Training and
Programming for
Health, Sport and
Well-being
120GLH

D: Reflect on the recruitment and selection process and your individual performance.

C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway

B: Explore own skills using a skills audit to inform a career development action plan

A: Understand the career and job opportunities in the sports industry

Unit 3 Professional
Development in the
Sports Industry
60 GLH

E: The effects of exercise and sports performance on the energy systems

YEAR ONE

YEAR TWO

Unit 1
Anatomy and
Physiology
120GLH

A: The effects of exercise and sports performance on the skeletal

C: The effects of exercise and sports performance on the respiratory system

B: The effects of exercise and sports performance on the muscular system

D: The effects of sport and exercise performance on the cardiovascular

Cultural Capital

- Cognitive and Problem Solving Skills
- Intrapersonal Skills
- Interpersonal Skills

Course Outcomes

A broad basis of study for the sport sector. This qualification is designed to support progression to higher education when taken as part of a programme of study

that includes other appropriate BTEC Nationals or A Levels.

Size and Structure

360 GLH (445 TQT)

Equivalent in size to one A Level.

4 units of which 3 are mandatory and 2 are external.

Mandatory content (83%).

External assessment (67%)