

Subject: Sport**Qualification: Level 3 BTEC Extended Certificate****Course overview**

Students will develop a knowledge and understanding of the importance of making connections between body systems in response to participation in exercise/ sport, enabling them to recommend training methods and produce individualised fitness programmes. The expectation is that they will take part in application and interview assessment activities for a selected career pathway in the sports industry. The course comprises of three mandatory units: Anatomy and physiology; Fitness training and programming for health, sport and wellbeing and professional development in the sports industry. Plus, a fourth optional unit to be determined.

How is the course assessed?

Grades awarded are Pass, Merit, Distinction and Distinction*. Assessment comprises of two externally set and marked units completed under supervised conditions worth 67% of the qualification. Internal assessments comprise of a series of practical and written assignments.

Where can BTEC sport take you?

Completion of this qualification will give between 16 and 56 UCAS points to gain entry onto a degree course or entry into the workplace. Sport can lead to further study and careers including coaching and sport and healthcare relating to sports such as physiotherapy.

Case Study

Year Group and Term	Subject Knowledge	Assessment	Curriculum/CIAG Links
Year 12 Term 1	Unit 4: Sports Leadership Discuss, explain and evaluate the skill, Qualities and Characteristics of a sports leader	Internal examination - Following BTEC guidelines teacher will deliver content in line with the specification and assignment.	Students are provided a scenario that links to career in a leisure centre to deliver sport. We also refer to sports examples within different careers – in

	Examine the importance of psychological factors and their link with effective leadership	Teacher will deliver content and provide engaging lessons (research tasks, group work and guidance) An assignment is issued to learners as an assignment brief with a defined start date, a completion date and clear requirements for the evidence that they need to provide. Achievable grades: Distinction, or a Pass. Two assignments to complete.	particular a sports manager, fitness coach and a teacher. We discuss many roles within sport. Sport psychologist – links to examples on how important psychology is to performance
Year 12 Term 2	Explore an effective leadership style when leading a team during sport and exercise activities Students will learn how to deliver and plan for a sports coaching sessions through observing PE lessons, planning and delivery techniques. Students will develop planning skills on delivering a sports activity session of their choice Students will deliver a 40-minute session and review this as part of the assignment brief		Students deliver a sports coaching session which links to careers into coaching or becoming a teacher It also requires links to performing under pressure which will occur if students are interviewed
Year 12 Term 3	Unit 1: Anatomy and Physiology A The effects of exercise and sports performance on the skeletal system B The effects of exercise and sports performance on the muscular system C The effects of exercise and sports performance on the respiratory system	External examination - Unit 1: Anatomy and Physiology, will contain short- and long-answer questions that will assess learners' understanding of anatomy and physiology and how the different systems of the body can affect sports performance	Lessons always provide sports examples that link to careers with sport science which includes: <ul style="list-style-type: none"> • Fitness instructor (Section A and B) • Physiotherapy (Section A-C) • Sport physiologist (A-C)

		<p>The grades available are Distinction (D), Merit (M), Pass (P) and Near Pass (N). The Near Pass (N)</p> <p>All students' books are marked, provided feedback and mini mocks are added to a student progress tracker.</p> <p>Section A – F (see Subject knowledge letters).</p> <p>Mini Mock – Section A and B (end of term)</p>	<ul style="list-style-type: none"> • Becoming an athlete and knowing our body (A-C)
Year 12 Term 4	<p>D The effects of sport and exercise performance on the cardiovascular system</p> <p>E The effects of exercise and sports performance on the energy systems</p>	<p>Mini Mock – Section A/B, C (week 3) and D (end of term)</p>	<p>Lessons always provide sports examples that link to careers with sport science which includes:</p> <ul style="list-style-type: none"> • Fitness instructor (Section D and E) • Physiotherapy (Section D and E) • Sport physiologist (D and E) • Becoming an athlete and knowing our body (D & E)
Year 12 Term 5	<p>F Interrelationship between the different components of anatomy and physiology – difference between system (e.g. A and B)</p> <p>Exam June</p>	<p>Mini Mock – Section A/B/C/D (week 2), E and F (Week 3/4)</p> <p>Sit Exam – June</p>	<p>Lessons always provide sports examples that link to careers with sport science which includes; Fitness instructor,</p>

			Physiotherapy, Sport physiologist and becoming an athlete
Year 12 Term 6	<p>Unit 3 Understand the career and job opportunities in the sports industry</p> <p>A1 Scope and provision of the sports industry</p> <p>A2 Careers and jobs in the sports industry</p> <p>A3 Professional training routes, legislation, skills in the sports industry</p>	<p>Internal examination - Following BTEC guidelines teacher will deliver content in line with the specification and assignment. Teacher will deliver content and provide engaging lessons (research tasks, group work and guidance)</p> <p>An assignment is issued to learners as an assignment brief with a defined start date, a completion date and clear requirements for the evidence that they need to provide.</p> <p>Achievable grades: Distinction, or a Pass</p> <p>Complete assignment 1:</p> <ul style="list-style-type: none"> • A presentation on 2 different career pathways to explain the associated job opportunities and their requirements in the sports industry 	<p>Students are provided a scenario</p> <p>As a student on the Level 3 BTEC Sport programme, you have been approached by the careers department at the local Further Education College to carry out an investigation into two contrasting career pathways in the sports industry</p> <p>Links to all careers in sport through student research and teacher guidance through Uni Frog website.</p> <p>Teachers share all possible careers in sport with job descriptors, salary, location, roles and qualifications required</p>

		<ul style="list-style-type: none"> • The evidence will be presented in the form of a written report • A Career Development audit and Action Plan, supported by evidence of personal skills audit outcomes 	
Year 13 Term 1	<p>Unit 2: Fitness training and programming for health, sport & well-being</p> <p>A Examine lifestyle factors and their effect on health and well-being (Understand how lifestyle modification techniques can be used to reduce unhealthy lifestyle behaviours)</p> <p>B Understand the screening processes for training programming (Be able to interpret the lifestyle of a selected individual using appropriate screening documentation and interpret health monitoring results of a selected individual using normative data and make appropriate recommendations)</p> <p>C Understand programme-related nutritional needs (the requirements of a balanced diet and different strategies used)</p>	<p>External examination - Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing, learners will interpret lifestyle factors and health screening data to create and justify a fitness training programme based on these interpretations. The task will require learners to develop and justify a training programme that meets the needs of a specific client.</p> <p>The grades available are Distinction (D), Merit (M), Pass (P) and Near Pass (N). The Near Pass (N)</p> <p>Mini Mocks – Question 1 week 2 Question 1 and 2 – Week 4 Question 3 – Week 6</p>	<p>ADD SMA Gym instructor Athlete Nutritionist Health coach Mindset coach Psychologist</p>

<p>Year 13 Term 2</p>	<p>D Examine training methods for different components of fitness (Skill-related fitness, physical fitness-related components). Training methods for physical fitness-related components (aerobic, muscular strength, muscular endurance, core stability, flexibility, speed)</p> <p>Training methods for skill-related fitness components (agility, balance, coordination, reaction time, power)</p> <p>E Understand training programme design (Be able to design a fitness training programme including all the major components)</p>	<p>Question 4 – Week ½ Mock – Week 3 Question 5 and 6 – Week 4 Scenario released for exam Week 5 Notes prepared for exam Week 6</p>	<p>ADD SMA</p>
<p>Year 13 Term 3</p>	<p>Learning aim B: Explore own skills using a skills audit to inform a career development action plan B1 Personal skills audit for potential careers B2 Planning personal development towards a career in the sports industry B3 Maintaining a personal portfolio/record of achievement and experience</p>	<p>Internal examination - Following BTEC guidelines teacher will deliver content in line with the specification and assignment. Teacher will deliver content and provide engaging lessons (research tasks, group work and guidance) An assignment is issued to learners as an assignment brief with a defined start date, a completion date and clear</p>	

		requirements for the evidence that they need to provide. Achievable grades: Distinction, or a Pass	
Year 13 Term 4	Learning aim C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway C1 Job applications C2 Interviews and selected career pathway-specific skills	An assignment is issued to learners as an assignment brief with a defined start date, a completion date and clear requirements for the evidence that they need to provide. Achievable grades: Distinction, or a Pass Assessment: <ul style="list-style-type: none"> • A portfolio which will demonstrate the application process for a particular job in the sports industry • A video of you been interviewed for a job in the sports industry 	Scenario: The centre manager would like you to undertake the role of a volunteer to support local people in the recruitment process for several roles at the centre. See assessment requirement The centre manager would like you to demonstrate, in the form of a portfolio, a video of an interview and a written reflective report, how people who would be looking to apply for a position at the centre, the full process of applying for a job at the leisure centre. The portfolio should demonstrate 'best practice' in each stage of the process from applying for the role and through the interview process
Year 13 Term 5	Learning aim D: Reflect on the recruitment and selection process and your individual performance D1 Review and evaluation D2 Updated SWOT and action plan	An assignment is issued to learners as an assignment brief with a defined start date, a completion date and clear	Students are provided Links to all careers in sport through student research and

		<p>requirements for the evidence that they need to provide. Achievable grades: Distinction, or a Pass. Assessment:</p> <ul style="list-style-type: none"> • A written report which reflects on the recruitment and selection process 	<p>teacher guidance through Uni Frog website. Teachers share all possible careers in sport with job descriptors, salary, location, roles and qualifications required</p>
Year 13 Term 6	Finish Course	Finish Course	<p>Support students going into employment, university, or apprenticeship. The course develops knowledge into the following areas where students are guided to explore these include:</p> <ul style="list-style-type: none"> • Coaching/teaching, • sports science • fitness instructor • sports management, • Physiotherapy • sport nutrition • sport journalists, • becoming an athlete • and more

For further information on this course please contact:	Robertdenness@universityofkentacademiustrust.org.uk Director of Sport BA/CG
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