



# BTEC Level 3 Sport

Exam Board: Pearson

This course encourages students to analyse the concept of performance from a range of physiological, psychological, applied areas. Through the diversity of its content, this course provides a whole array of skills for life such as communication, dealing with pressure, split second decision-making, analysing and evaluating performance, and more which would be suitable for any career path.

Assessment is applied through continuous and applied scenarios ideal to be able to both challenge and support students as they progress through to University pathways or apprentices placements.

## Course summary:

This challenging and rewarding course aims to encourage students to:

- Review their current participation in physical activity and identify the importance of their involvement as a player, or coach, identifying best practice at both recreational and performance level.
- Create a development plan and a life plan for their participation in physical activity reviewing sports development.
- Enable students to gain an insight into how the body systems affecting performance respond to exercise.
- Develop an understanding of the psychological factors influencing behaviour and learning in sports and physical education, linking to the coaching and learning of skills in a sporting environment.
- Develop an ability to appreciate the relationship between theory and practice and to apply theoretical knowledge to develop an understanding of practical performances in sports, from grass roots to elite level.
- Fundamental principles of training and nutritional planning to improve wellbeing and to further improve participation and performance by reviewing lifestyle factors.

Two external examinations.

Two internal coursework units

Units:

- Anatomy & Physiology
- Fitness Training & Programming
- Professional Development in the Sports Industry
- Practical Sport Performance



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## Assessment:

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%).

## Entry requirements:

Five passes at GCSE including English Language and Mathematics. An interest in joining or working alongside a particular service although not compulsory.

## Other Course Information:

- PH6 Kit is available for practical sessions.
- Previous trips have included Go Perform – an elite training and rehabilitation centre.

## What is this qualification for?

- Students who are considering further study in Sport and Exercise Science, Sports Development, Teaching, Coaching, Armed Forces or Sport Technology.
- Students considering a career in journalism, retail, manufacturing or professional sport.
- Students who have a genuine interest and aptitude for physical education and sport, but at present do not intend to take the study of the subject beyond A-level, can use their grades as UCAS entry points for any other further study or degree course.
- Apprenticeships in coaching and personal training have also proved to be popular exit routes for our students.

## Career progression

The course combines well with a large number of subjects and supports entry to higher education courses in a wide range of disciplines (depending on the subjects taken alongside it). For learners who wish to study an aspect of sport in higher education such as BA (Hons) in Sport Studies and Business, if taken alongside A Levels in Business and Maths or BSC (Hons) in Sport Psychology, if taken alongside a A Level Psychology.

*"My second year on the course has been full of new experiences, opening new ideas and*



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