



EDEXCEL BTEC Level 3 Extended Certificate in Sport

Mr Quail
Head of Sport & Wellbeing





The qualification is equivalent in size to one A Level.
And is for students who have a keen interest in undertaking a career in the sports industry.

Learners will study four units over the two years:

- Anatomy and Physiology
- Fitness Training, Programming for Health, Sport and Well-being
- Professional Development in the Sports Industry.
- Sports Leadership.



Assessment

Extended Certificate 360 GLH

Same size as 1 A level
Applied General

Total units: 4
3 Mandatory Units
PLUS 1 Optional Unit*

Year 12	Assessment
Unit 1 – Anatomy & Physiology	Written exam set and marked by Pearson.
Unit 4 – Sports Leadership	Internally set NEA including practical assessments.
Year 13	Assessment
Unit 2 – Fitness training & programming for health and well-being	Written 2 hour exam set and marked by Pearson.
Unit 3 – Professional development in the sports industry.	Internally set NEA.



Unit 1 Anatomy & Physiology

This 90 minute exam will cover the following:

- Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system.
- Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance.
- Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system.
- Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements.



Unit 4 – Sports Leadership

This internal (coursework) unit will cover the following:

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.

In this unit students will:

- Understand the roles, qualities and characteristics of an effective sports leader
- Examine the importance of psychological factors and their link with effective leadership
- Explore an effective leadership style when leading a team during sport and exercise activities.



Unit 2 Fitness training

This 2 hour exam will cover the following:

- Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being.
- Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals.
- Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests.
- Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved.
- Be able to develop a fitness training programme with appropriate justification.



Unit 3 Professional Development in the Sports Industry

Unit 3: Professional Development in the Sports Industry	Internally set assignment
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This internal (coursework) unit will cover the following:

- Understand the career and job opportunities in the sports industry.
- Explore own skills using a skills audit to inform a career development action plan.
- Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway.
- Reflect on the recruitment and selection processes.



Where this subject can take you.

Many of the Higher Education courses which require PE are highly competitive. These may range from Sports Science, Coach Education or Sports Nutrition. Job prospects are good. Many students go on to a career in the sports and leisure industry, in teaching or even in the fire and police services.



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For further information please contact Mr Quail
@ oquail@ecclesbourne.derbysshire.sch.uk