

## Sport - BTEC



### About the Subject

Edexcel BTEC Level 3 Diploma in Sport (Development, Coaching and Fitness) is a course of study equivalent to studying two A Levels.

This pathway is for someone who has a real passion for Sport and Fitness. You will study using practical and vocational methods alongside academic methods. You may also gain additional qualifications in Sports Coaching, Officiating and Fitness Training.

The course is designed to meet the needs of a learner who will look to pursue a career within the Sports Sector Industry, or for progression to university. You will study a range of units including sports coaching, anatomy and physiology, fitness testing and training, sports injury, sports massage, performing in individual sports and sports psychology.

### Course Content

The Edexcel Level 3 Diploma in Sport consists of 13 units ranging from science-based to practical sport and coaching-based elements, making the course really varied. A broad range of teaching methods are employed, including teacher presentations, student presentations, discussion, research using the Internet and Intranet, and external speakers.

#### Course Outline

• Principles of Anatomy and Physiology in Sport • The Physiology of Fitness • Assessing Risk in Sport • Fitness Training and Programming • Sports Coaching • Sports Development • Fitness Testing for Sport and Exercise • Practical Individual Sports

Other optional units will be selected from the following:

• Exercise Health and Lifestyle • Instructing Physical Activity and Exercise • Psychology for Sports performance • Sports Injuries • Rules, Regulations and Officiating in Sport

Most units will consist of four or more Assessment tasks set in a vocational context. Assessment can involve: practical performance activities; giving presentations to an audience; writing information guidance material; coaching others. All of these will require study and research from textbooks and the Internet and Intranet.

### Entry Requirements

5 Grade Cs or above at GCSE, or equivalent grades at Level 2 BTEC course, including Maths and English Language.

### Career Paths

Our students have gone on to study a range of Higher Education Degrees. Here are a selection of courses that they have gone on to take: Physical Education PGCE, BA Dance, BA Sports Coaching, BA Sports Development and Sports Management, BSc Exercise Health.

#### Alternatively, you might consider;

• A modern apprenticeship in the Sports Industry (in the fields of Sports Centre Management or Fitness Instructing) • Working in the field of Sports Development • Working for National Governing Bodies • A career in Sports Coaching or Teaching • A career in Sports Rehabilitation or Physiotherapy • A career working in the Fitness Industry as an Instructor or as a Fitness Center Manager

#### Watch our Video

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